HINTS AND REMEDIES

FOR THE TREATMENT OF

COMMON ACCIDENTS AND DISEASES

AND

RULES OF SIMPLE HYGIENE.

THE TWO PARTS COMPLETE.

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REVISED, CORRECTED, AND ENLARGED BY TWELVE EMINENT MEDICAL MEN BELONGING TO DIFFERENT HOSPITALS IN LONDON, AND BY ONE RIGHT REV. BISHOP OF THE ESTABLISHED CHURCH, FORMERLY SURGEON TO ONE OF THE LONDON HOSPITALS AND F.R.C.S.

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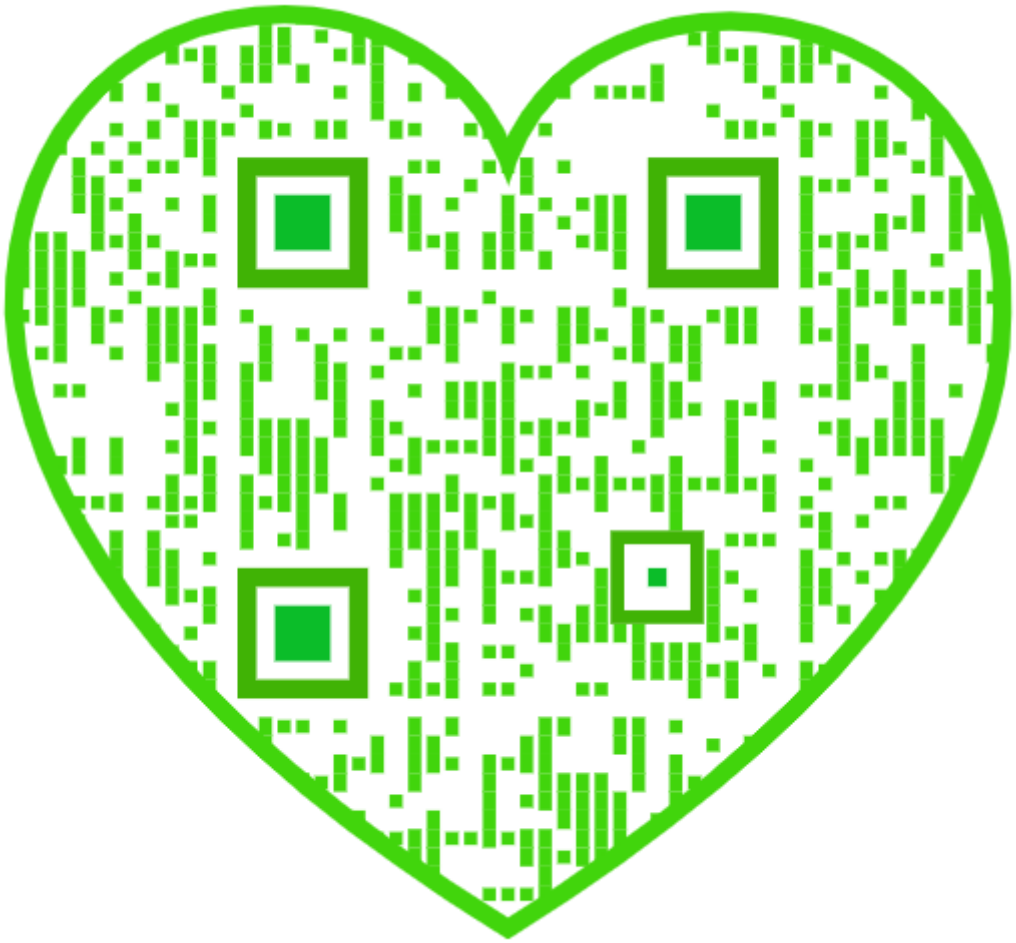

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NOTICE TO THE READER.

FOUR extra pages (10 cents) of this pamphlet can be had separately from the publishers, if desired. These additional pages contain information that may be peculiarly useful to captains of the Merchant Service, whose ships carry no surgeon; and to other persons, who may, owing to different circumstances, be entirely unable to procure the advice of a medical man.

RULES OF SIMPLE HYGIENE,

AND

HINTS AND REMEDIES FOR THE TREATMENT OF COMMON ACCIDENTS AND DISEASES.

PART I.

RULES OF SIMPLE HYGIENE.

I. Wash the whole body, once at least in every forty-eight hours, either with cold or slightly warmed water, and rub thoroughly dry with a very rough towel.

II. Eat your food *slowly* and chew it well, and sit still at least ten minutes after every meal: so may you hope to preserve both your teeth and your digestion. Beware of drinking any *very* hot fluids: tea and coffee should stand till tolerably cool. After fatigue and long fasts hot fluids, only not *too* hot, are valuable, and a few mouthfuls, taken, in such cases, before beginning to eat, are very proper, especially for elderly people.

III. Turn all your clothes (particularly those which you wear next to your skin) inside out before you go to bed, and hang them up to air above the level of your head; but not in your bedroom.

If possible, have two suits of clothes, and wear them on alternate days, folding up carefully those not in use *after* they are aired.

IV. Be sure to secure fresh air in your bedroom during the night.

V. If you have no ventilator in the window, or ceiling, or roof, or over the door, then leave the

window from half-an-inch to two or three inches open during the night. Of course take care that there be no strong draught blowing in upon you during the night; but anything is better than converting your bedroom into a black-hole of Calcutta. Boring four or five tolerably large holes, an inch or so in diameter, through the *bottom* of your bedroom door will go a long way towards keeping the atmosphere sweet during the night. If you can, provide some means of escape for the foul air by a small aperture through the ceiling.

VI. Eschew, if you care for your teeth, all sweets, tarts, pastry, and confectionery, and also much sugar.

VII. Never sit down to breakfast without first going out into the open air for at least *three* or *four* minutes. Make your walk longer or shorter according to your health and strength.

VIII. Open your bed entirely, lifting the sheet and blanket on which you have been lying, so as to let the air get underneath; and leave the window open, top and bottom, when you quit your bedroom in the morning.

IX. Do not eat more than *four* good meals a day! The chances are that you will find your appetite and digestion benefited by taking only three, and better even only two, hearty meals a day. Most especially avoid eating or drinking *between* meals.

X. Do not miss any chance of learning to *ride*, to *swim*, to *fence*, to *play single-stick*, to *play cricket* and *football*, to *row* and to *spar*.

XI. Get, if you can, a shower bath, or a plunge bath (a cold salt-water bath is best), the first thing in the morning, twice or thrice a week.

XII. Do not plaster down your hair with hog's

lard, falsely called "pomatum," "pomade," or "bear's grease;" the hair is meant to assist in carrying off perspiration, and should not be clogged with grease. No appreciable mischief results from *oiling* the hair, if you like to do so; nor does sweet oil do any harm to any part of the body, if you like to use it by rubbing it into the skin before a fire, but on the contrary good, as it renders the limbs supple and more capable of strong muscular exertion. Animal oils are better and less drying than vegetable ones, such as olive oil and coco-nut oil, for either skin or hair, and perhaps marrow oil is the best of all. The best sweet salad oil does no harm to any part of the body, but on the contrary good.

XIII. Brush your teeth the last thing every night before going to bed, and comb and brush your hair the wrong way, or any way but the right way, so as to let the air in upon your head.

At least rinse out the mouth after every meal; better still, brush your teeth then too.

XIV. If you have a flesh brush, use it once a day. The best time is at night. If not, polish your skin with a rough towel before you go to bed.

XV. If you dine out, avoid drinking more than one kind of wine: as a rule, after dinner drink no wine, but take instead, half an hour afterwards, a cup of good strong black coffee without milk or sugar, except perhaps with the smallest bit of this last. Take nothing after this the same night, if it be a late dinner you have had.

It is best neither to take your "café noir" (small cup of black coffee) nor to smoke tobacco till at least half an hour after meals.

XVI. If you are troubled with cold feet at night,

use plenty of friction (or rubbing), before getting into bed; and if that does not answer, then sponge them with cold water, and, when drying them, rub the toes and ankles upwards, and not downwards. In case this plan fails, as it does sometimes, and the feet remain still deadly cold, then try putting them in a mustard foot-bath before stepping into bed, and put on a pair of thick dry woollen socks directly afterwards. The socks can be removed as soon as the feet are warm.

XVII. If you are troubled with costiveness or constipation, try taking the best Scotch oatmeal porridge (only let it be long and thoroughly boiled) every other morning for breakfast. Use salt and milk, according to taste, and take it, either with or without the addition of treacle, as you find it best agrees with you. Eat brown bread (that is, bread made of whole ground wheat) and butter.[1]

A glass of cold fresh water taken when you first get out of bed, followed by a run or walk before breakfast, has often an excellent effect in removing heartburn, and in moving the bowels gently, particularly when at sea. Costiveness is a common complaint of landsmen during a sea-voyage, and a glass of cold water taken then, an hour before breakfast, frequently saves resorting to the ship's medicine chest. In case this does not answer, take one drop of the Homœopathic preparation of *nux vomica*, night and morning, in a wine-glass of water.

XVIII. Eschew all hot and heavy suppers, unless you wish for an attack of nightmare, and avoid all suppers, as a rule, unless dinner has been taken early.

[1] For more on this subject read the article "Indigestion, or Dyspepsia," in the appendix or second part of this pamphlet, p. 84 *infra*.

A so-called "severe tea" late at night, is usually unwholesome. Never go to bed, if you can help it, with an entirely "empty stomach." This is often a cause of "insomnia" or sleeplessness, especially in elderly persons. By an "empty stomach" I mean, when a fast of five or six hours has been observed, and the last meal was not a substantial one. A tablespoonful of Hollands, or so, in half a tumblerful of cold water, is very excellent for old people at bed-time, and some plain unleavened biscuit may be eaten at the same time. If you are troubled with a so-called "sour stomach," or heartburn at bed-time, or are in the habit of grinding your teeth when asleep, try eating of a ripe apple, say half or a quarter of one, or if you cannot get that, then a bit of stewed French apple (sold at the grocers under the name of "dried Normandy pippins") just before going to bed, or a stewed prune. Do not get into the habit of taking carbonate of soda in water, for heartburn; for its constant use may prove very injurious to the stomach.

XIX. If you have any one ill with fever, or any infectious disease in the house, do not visit him the first thing in the morning, on an empty stomach; but take a mouthful of good coffee or tea and a crust of bread before entering his bedroom.

XX. If you are troubled with sleeplessness, rise early and get a good walk, or better still, a good ride, if you can afford to keep a horse, before breakfast; sponge the whole body before going to bed, and rub dry with a Turkish towel; use the dumb bells or any other gymnastic exercise, and jump into bed warm, and banish unpleasant thoughts. Do not smoke strong tobacco the last thing at night, and adopt a warm red flannel shirt, instead of a cold cotton or

linen one. Scouring the whole body with a flesh-brush, just before going to bed, tends greatly to produce sleep. [See the article "Insomnia" in the second part of this pamphlet, under "Hints and Remedies," etc., p. 33 *infra.*]

XXI. Look sharp after all drains, middens, privies, and cesspools, connected with your house, if you wish to keep out infection, or any low fever of the typhoid class. Take care to keep them in good repair and working order, and flush all sewers and drains now and then with oceans of water. In a dry season pour a pailful or two of water, with about a quarter of a pint of carbolic acid (sold at all chemists as a disinfectant) in it, into all your drains and cesspools and middens, every other day at least, to take away any bad smell. If you cannot gĕt carbolic acid, use chloride of lime, Burnett's disinfecting fluid, or something of the same sort. Anyway, get rid of foul smells in your house somehow. To purify a room, pour a wine-glass or so full of vinegar on a pan of red-hot cinders, and let the vapour from it fill the room; then open windows and door. As a rule, fill your washhand basin with water *overnight*, against next morning, and do not neglect at all times to put half a pint or so of water into each chamber utensil or night-stool in a bedroom. You cannot be too cleanly or airy in a bedroom: banish all carpets, and see that no dirty clothes are left under the bed, and no slops left unemptied. Keep all dirty clothes-bags anywhere you like, only *not* in a bedroom.

XXII. *How to wash yourself in the morning.*—Fill your basin overnight, and, unless you take a plunge-bath or shower-bath, as soon as you rise, commence by putting your face deep into the basin;

open and shut your eyes two or three times, looking at the bottom of the basin. Take your sponge full of water and sponge neck and back of the head thoroughly.

I advocate washing the whole head with water. Then turn the head on one side, in turns, *and fill each ear with cold water*, shake the head and the water will run out.

Others, medical men of great experience in aural surgery say, "*Do not pour water*, either cold or lukewarm, *habitually* into the ears; the hearing may be impaired by the practice as the tympanic membrane is most delicate. The wet end of a towel or silk handkerchief is all that is sufficient." For my own part I prefer immersing the whole head while washing, and letting water run into both ears while the head is in the basin; or else after washing or sponging the face and eyes, if the basin be not big enough and deep enough to admit the whole head beneath water, then by turning the head first on one side and then on the other in the basin to admit the water in the ears, which comes to much the same thing; but is not quite so refreshing.

Then sponge the chest and small of the back and underneath the armpits; this is the least you ought to do. (I advocate sponging the whole body, and that both night *and* morning.) The very least you can do, with any attention to cleanliness or health, is to sponge face, chest, and back with water, and dry rub the rest of the body every morning, if not evening. After seeing the numerous cases of great mischief and suffering brought about by dirt, *per se*, dirt, among the out-patients of a hospital, it is impossible to impress too strongly the wisdom of thoroughly

washing, at least once, better say twice, a day, the feet, the armpits, and those particular parts of the body that common sense will tell you in especial require it. So may you avoid, in all probability, odious and painful swellings of the glands, and entirely escape that distressing and painful malady, piles. Eschew the ridiculous practice of standing half naked, soaking and washing your hands for half an hour, the sole notion a boy has of washing himself. If you use a tooth-brush night and morning, as you should do, it cannot be too soft. Hard brushes make the gums flee from the teeth, and produce premature decay by causing the soft bone of the tooth to be exposed to the air, beyond the part of the tooth protected by the enamel.[1]

For a thorough wash of the hands, use warm water; let it be rain, not hard or spring water; and before you begin soaping them, steep them well in the water for a minute or two, rubbing them the while, till the water has penetrated well into the pores; then use soap, and a nail-brush *ad libitum*. End by holding your hands under a tap, if you have one, of cold water, and "give them a shower-bath," so to say: it is very refreshing and strengthening to the fingers. If you have no tap, just dip them into cold water and rub them dry as quick as you can. Miss Nightingale, in her most useful *Notes upon Nursing*, recommends as even more effectual, holding them for a few minutes over a jug of hot water, so as to let the steam thoroughly penetrate the seams and pores of the skin before commencing to soap them. But this requires time.

[1] See the article "Care of the Teeth" in the second part or appendix to this pamphlet, p. 59 *infra*.

XXIII. If you possibly can, get that most cleansing thing, a hot bath, once a week; use plenty of soap, with a flannel, over the whole body, and scour with a pretty hard bath-brush; then soak for a few minutes afterwards, and come out "as clean as a new shilling."

XXIV. Finally, do your best to keep a clear conscience, an even temper, a light heart, and a good digestion; and read and believe in Miss Nightingale's *Notes upon Nursing* (the cheap and enlarged edition), and a very amusing and instructive little volume called, *How to make Home Unhealthy*, published by Messrs. Chapman and Hall.

PART II.

HINTS AND REMEDIES FOR THE TREATMENT OF COMMON ACCIDENTS AND DISEASES.

1. **Bad Leg.**—*What to do in case no Doctor can be had.*—Cleanse the place well by fomenting with warm water; then try simple water dressing—that is, place a piece of lint, double or treble, full of water, on the place, and keep it constantly wet; covering it at night with a piece of gutta-percha, oil-silk, or flannel, to keep the moisture in. In case the sore gets no better, employ Goulard lotion (that is, a drachm of sugar of lead dissolved in a pint of soft warm water); apply it warm instead of simple water; and if this does not seem to do good within two or three days, then try zinc ointment. In case of none of these remedies answering, then wash the sore with a weak solution of carbolic acid, one part of the acid to forty of water, and keep it covered up with lint dipped in the same. Keep perfectly quiet, and lay the leg up on a chair; avoid standing on the affected leg, or using it more than you can help; avoid all spirituous liquors. When the sore begins to granulate, stimulate it with a weak wash of whisky and water. As very many cases of "bad leg" arise from swelling of the

veins and smaller vessels, apply a bandage carefully from the toes to the knee, in order to support the vessels. In case the sore is syphilitic in its origin, use black wash instead of water, and take ten grains of iodide of potassium three times a day in a little water, or peppermint water.

2. **Bed-sores.**—TO PREVENT BED-SORES.—Wash the parts thoroughly night and morning, using plenty of yellow soap, then dab with brandy or any other spirit.

If a bed-sore should come, dress with lard: make a pad of six or eight folds of lint, with a hole cut in the centre. Fasten this on with sticking plaster, being careful to put the hole in the pad exactly over the sore, to prevent pressure.[1] *N.B.*—Put no blanket *underneath* the patient.

3. **Bite of a Venomous Serpent.**—Suck the wound immediately, if you can, yourself; if not, get a friend to do so (it can be done without danger, if there be no abrasure—scratch, that is—or sore on the tongue or lips), and then tie a string, if possible, tightly, round the part, finger or limb, that has been bitten, between the wound and the body: wash well with warm water, and apply liquor ammoniæ diluted to the wound, and take fifteen to twenty drops in a wine-glass of water *internally*, every three or four hours; *keep the patient from going to sleep.*

4. **Bite from a Dog suspected to be Mad.**—Soak immediately in, and wash with, water as hot as you can bear it; then apply salt to it freely, and send for a doctor to cut out the part, if practicable, or to burn it with lunar caustic, and if you cannot

[1] See for more, the article on this subject, in the second part or appendix to this pamphlet, p. 74 *infra.*

get one, do it yourself, only do not overdo it. If you have no lunar caustic at hand, use a good strong solution of carbolic acid to the place. Take a Turkish bath at once, if possible: it is one more *chance* in your favour.

In *all* cases, *if possible*, send for a medical man, but if one cannot be had, the above remedies are applicable.

N.B.—The wound may be sucked with impunity, either by the person himself who is bitten, or by a friend for him, if he has no abrasion, that is, scratch, or sore place, or sore on his mouth, or lips. Do not cauterise the wound *yourself*, if you can help it; leave that to a medical man, if one can possibly be got within a short time. Sad results have been known to occur from unskilful cauterisation.

A bite from a dog *not* mad, gives rise to great inflammation: linseed poultice, sprinkled with from fifteen to twenty drops of laudanum, is the best application for this: it may be continued about a week.

5. **Bleeding at the Nose.** — Lay the patient immediately at his full length on the floor, or on a table, or on a bench, and stretch out his arms behind his head, to their full length, on a level with his body; unloose the collar, and apply wet towels to the back of his neck. I have always found this posture, that is, laying the patient flat on his back, answer best; but many excellent doctors do not consider the posture of the body of importance, and as sitting or reclining back in an arm-chair is more convenient and less fussy, it will probably be sufficient to place the arms in a vertical position, that is, straight up above the head. If the bleeding continue obstinate,

use ice if you can get it, instead of water, and put a plug of lint in the nostril, steeped in a strong solution of alum and water. If you can get it, snuff up the nose a solution of gallic acid, or better still of tannic acid, or even inject it up the nose. It is the most powerful astringent of all. For a child's nose when bleeding, a *large cold door key* laid behind the neck and between the shoulders, will often suffice, compressing at the same time the nostril with the finger firmly for a few minutes. When the above treatment fails, snuff up a few drops of tincture of saffron (*crocus sativus*) in a little water. This is almost sure to answer.

6. **Blood-Vessel, Broken.**—*Imprimis*, send for a doctor, but if one cannot be got, give from ten to fifteen drops of elixir of vitriol with ten drops of laudanum in a wine-glass of water, every three or four hours. Until you can get advice, let the patient sip at vinegar and cold water mixed, or better, at a strong solution of alum and cold water. Indeed, if you cannot get any elixir of vitriol at once, give the patient a wine-glassful of alum and water every two hours or oftener, till the bleeding is checked, and feed him on slops, beef-tea, chicken broth, and claret and water. Keep him most especially quiet. Another authority, a medical man of great distinction says, "For broken blood-vessel give ten drops of ipecacuanha wine every half-hour, in a little water."

7. **Boils and Carbuncles, Remedy for.**—*Take a vapour bath* immediately if obtainable; and at night and morning take a tea-spoonful, or somewhat more, of common yeast in a wine-glassful of tea or of water. Dress the boils with soft-soap if you can get it, if not, with common soap and sugar, mixed tho-

roughly with the blade of a knife, and worked into a thick paste on a piece of lint. Cut a small flap in the centre of the piece of lint, so as to let the matter exude, and put an additional small piece over the orifice. For boils, other excellent authorities prefer giving liquor potassæ in small doses, ten, fifteen, or twenty drops, in a wine-glass of water, twice a day, and afterwards quinine, about four or five grains daily, or twice a day, in a wine-glass of water; but I have never found the *vapour bath*, combined with the yeast treatment, told me by one of the most eminent medical men living, fail. For true carbuncles, send for medical advice, if possible. They are dreadfully painful and even dangerous. Some medical men strongly recommend the following treatment:—Take three drops of tincture of arnica every four hours.

8. **Bruises.**—TREATMENT.—Use warm fomentations, flannel dipped in warm water laid over the part, or a bread-and-water poultice. If very severe or near a joint, put on leeches. If near the knee, keep perfectly quiet, and do not attempt to walk. Keep on fomenting or poulticing till the swelling goes down and the pain be gone. Some prefer rags dipped in Goulard lotion (that is, one drachm of Goulard's Extract to six ounces of soft water) to the warm fomentations. Other medical men of great experience strongly recommend a lotion of tincture of arnica and water; one part arnica to ten of water. Keep the patient quite quiet.

9. **Burns and Scalds.**—Cover the place over, at once, with the preparation of chalk, called *common kitchen whitening*, mixed, either with sweet oil or with water—the oil is preferable—into a thick paste. Plaster it gently on with a brush or a feather about

an eighth of an inch, or more, thick; taking care, if possible, not to break the blister or blisters. Then cover the part affected with a piece of flannel, to keep the moisture in, and damp the layer of whitening from time to time with oil or water. I have found this treatment, even in very bad cases, act like a charm, and quell the dreadful pain at once. If kitchen whitening cannot be procured, use flour instead; and if neither can be had, then cover the scalds or burns with bits of rag dipped in sweet oil, and lay plenty of cotton wool outside them. Change the dressings only often enough to keep the places clean, and then wash them off with a weak solution of carbolic acid. Keep up the patient's strength with good diet. A mild opiate, thirty to fifty drops of Battley's sedative, or, if not at hand, of laudanum, may be given at night. In case of large blisters forming, let them cleverly out with a needle, and dress with the kitchen whitening, or flour, as above. Others say, "For burns and scalds apply warm spirits by rag, if the burning pain be very great."[1]

10. **Chilblains.**—Wear worsted, not cotton, socks, or stockings, and change them often. Rub the parts affected with soap liniment and tincture of iodine mixed, in the proportion of 6 of soap liniment to 2 of tincture of iodine, every night. This is the recipe of one of the leading medical men of the day. Another, an M.D. of great experience, recommends a foot-bath, with a little mustard in the water, at bed-time, as a good

[1] A liniment has lately come into use in some of our great hospitals, called "Harris' Patent Compound Mixture for Scalds and Burns." I have used this myself, and found it very efficacious. Soak a piece of lint in this mixture, lay it on the burn or scald with the thread side next the part affected, and let it remain on for three days. A thin skin will probably then be formed.

remedy. Other authorities recommend mustard liniment.

11. **Cholera.**—In case no doctor can be had, perhaps the best treatment is as follows. Give a dose of castor oil, or a strong dose of tincture of rhubarb, a wine-glassful in a tumbler of hot water with five drops of laudanum, to begin with. When the opening medicine has operated, give from fifteen to twenty drops of chlorodyne in a wine-glassful of water, every two hours, and a one-grain opium pill between the doses of chlorodyne. Keep the patient as warm in bed or in his berth as possible; wrap the stomach round with hot flannel, put a hot bottle outside the flannel, on the pit of the stomach, and if he seems likely to die from exhaustion, give half a wine-glassful of brandy with twenty drops of essence of peppermint, and some powdered capsicum (red pepper) heads, if you can get them.

N.B.—Directly he has swallowed the castor oil or tincture of rhubarb, give him a bit of fresh lemon peel to set his teeth into, to take away the nauseous taste, and prevent his probably throwing the medicine up again. Give no medicines or stimulants in the collapsed condition, but plenty of blankets, rub the body with finely-powdered ginger, and cold water to drink *ad libitum.*

As the treatment of cholera is still an unsettled question in the profession, and as this disease generally commences with simple diarrhœa, it cannot be too strongly impressed upon all who are likely to be thrown into its way, *immediately to attend* to the looseness of the bowels, which is a premonitory symptom of it. For this, after a small dose of opening medicine, take diarrhœa mixture, that is, a table-

spoonful of diarrhœa powder with a few drops of laudanum in a wine-glass of water, after every time that the bowels are moved; or, if you have no diarrhœa powder, then chlorodyne, ten to fifteen drops for a dose, etc., as above, only in smaller doses. Other experienced doctors say:—For cholera avoid all purgatives, castor oil, and opiates: Give five drops of ordinary camphorated spirits of wine every ten minutes, till the doctor comes.

12. **Cold.** — Either one or other of the following remedies is likely to succeed. Put twenty to thirty, or even thirty-five, according to age and strength, drops of laudanum in a tumbler of cold water. You can add a few drops of peppermint or half a glass of sherry to take away the nasty taste; but the effect of the laudanum is just the same. Sip it slowly for an hour or an hour and a half before going to bed, as if it were wine, and as if you liked it. Do not go out again the same night, but go to bed pretty early. The chances are you will be perfectly well in the morning.

In case you are afraid to take laudanum, though it is but an idle fear, adopt the following recipe:— Before going to bed put the feet in hot water, and have a warm bed. As you step into bed, or just after it, take either a Dover's powder in a little preserve, or a tea-spoonful of sweet spirits of nitre in a tea-cupful of hot milk: cover up with extra blankets or rugs. Either one or other of the remedies will produce violent perspiration, which will probably bring about the desired effect. If all else fails, try a Turkish bath.

N.B.—The first remedy was told to Dr. Turner by one of the first medical men in England. It is not

a quack remedy. The common sense of the second remedy speaks for itself.[1] [Another remedy—whose value is as yet unknown to the majority of the medical profession—for colds, viz. aconite, either in tincture or pilules, one every four hours, often produces an excellent effect; and gives relief as soon as, or sooner than, anything else.]

13. **Corns, Bad.**—In the first place avoid wearing tight shoes; then you will also avoid all corns—but should they come, use warm water and soft-soap to them, and rub them with a rough towel. In case one should be extremely painful, put a small poultice on it during the night, and during the day cover the place with a small piece of linen rubbed with hog's lard; or, better still, with glycerine; the "fit of corns" will anyway thus be relieved till the next time. Of course corns may be safely pared with a penknife, if care be taken; and this will considerably diminish the pain they cause. Mind, however, what you are about, if you cut them yourself. Bad accidents have been known to occur from cutting too deeply. The safest plan is to pick off the head of the corn with the nail of your finger and thumb.

14. **Cough.**—Hard to prescribe for, as arising from different causes. For *common* cough, mustard poultice on the chest,[2] ten to fifteen drops of paregoric in a little water, or five drops of chlorodyne, or a spoonful of glycerine in a wine-glass of water, and

[1] For more on this subject see the article "Catarrh, or Cold," in the second part or appendix to this pamphlet, p. 76 *infra*.

[2] Instead of a mustard poultice, or "mustard leaves," the admirable liniment, known as *Terebinthum Aceticum*, has lately come into extensive use in our hospitals in cases of cough, bronchitis, and so forth. Take equal parts, camphor liniment,

stick a bit of liquorice in your mouth. For a *stomach* cough, if you can tell the difference, take a dose of Gregory's powder. For *consumptive* cough, wear chest protector always, and a respirator when you go out, and sip at lemonade, or, better still, sulphuric acid drink, such as one gives for painters' colic. Put a chlorodyne lozenge in your mouth, and then hope for the best; and if you have real genuine consumption, go to Australia or New Zealand, and stop there.

15. **Cramp.**—TREATMENT.—Put the patient at once into a hot bath, if possible; and if not, sponge all over in water as hot as he can bear it. Unclasp his hands, if much contracted. Put smelling bottle to his nose, and give weak brandy and water, or some stimulant, and put to bed, and warm the bed, if there is such a thing as a warming-pan in the house. If the cramp is only local, that is, affects only one limb, such as the arm or leg, use plenty of friction and extension of the muscles under spasm.

16. **Croup.**—This is a disease affecting children, most commonly between the ages of two and ten. It is so dangerous, and, alas! in too many cases, so rapidly fatal, that its name is justly a word of terror to mothers. It requires the most prompt treatment: not a moment should be lost in calling in a doctor, if that be at all possible.

How are you to know that your child has croup? It is important that you should neither be needlessly

spirits of turpentine, and acetic acid, mix, and shake the bottle well before using. A few drops, applied by the palm of the hand to that part of the chest where the cough is most felt, and gently rubbed in, night and morning, will greatly ease and relieve the cough, if not entirely remove it. I have used it repeatedly, both on myself and other patients, with very happy results.

alarmed, nor, on the other hand, too late in recognising the danger. The disease comes on with more or less suddenness, very often in the night, after that the child has gone to bed apparently quite well; perhaps for a day or two before, some slight hoarseness or cough may have been noticed. The symptoms are feverishness, with difficulty of breathing and alteration in the voice, and cough. The breathing is *laboured* and *long-drawn*, not simply *hurried*, as it is in inflammation of the lungs. You will observe that the child is breathing as if the opening of the windpipe were smaller, and that the air, in being drawn through a narrowed chink, gives rise to a peculiar whistling sound. If you look at the pit of the stomach, you will see that every time the breath is drawn there is a deep sinking in. *This last is a most dangerous symptom.*

In many cases there will be a loud clanging sort of cough, which, when once heard, will never be forgotten.

After a time, or it may be very soon, the difficulty in breathing will become so great that the child will look in danger of being suffocated. It is a most pitiable sight to see a child in this condition, looking so terrified, restlessly tossing about, and clutching at his throat.

What can you do for a child in this condition? Of course, you will send for a doctor if you have any sense and can afford one. Any doctor will probably come at once, even "*without* pay," as the case is a matter of a few minutes, or a quarter of an hour only, and most English doctors are very humane men; but, as it may be some time before he can get to you, you ought to know what you can do with some hope of giving relief. There are a few simple measures which in some cases will prove very effectual. Put

the child into a hot bath, as hot as can be borne by "the mother's thermometer," that is, the elbow, for about five minutes, then take him out and wrap him in a blanket, keep applying sponges wrung out in water, as hot as can be borne, to the throat. If a sort of tent can be made around the bed, and steam passed in from a kettle, much relief will often be afforded. The temperature of the steamy atmosphere should not be below 65°, or over 70°, of Fahrenheit's thermometer.

If these measures should not have done any good, give the child an emetic. In fact, even if they have, you had better, in any case, give the emetic; it can do no harm, and may do a deal of good. The best to use would be one or two tea-spoonfuls of ipecacuanha wine, or, better still, from five to ten grains of powdered ipecacuanha, mixed with a little warm water; and go on giving plenty of lukewarm water till the emetic acts.

It may comfort you to know, that some of the cases that begin most suddenly, and that seem the worst, are those which are most hopeful.

False Croup, or *Spasmodic Croup*, or *Child Crowing.*—This is a disease to which young children, especially those who are rickety, during the first two years of life, are subject. It presents some resemblance to true croup, but is easily distinguished from it. In true croup there is a *continued* and increasing difficulty in breathing. In spasmodic croup there is only a temporary difficulty, lasting for but a few seconds. The attacks usually recur frequently, and there is no fever. The child, very probably after having swallowed, is suddenly seized with an inability to draw in his breath; for a few moments it seems as if he were going to be suffocated, and he may even turn "black

in the face," but presently the spasm passes off, and the breath is drawn in with a loud crowing sound, and soon the child is "all right" again.

Many young children die suddenly in these attacks, and therefore any child liable to them ought to be most carefully and constantly watched.

The most effectual remedy is very simple. During the attack, dash cold water on the face, neck, and chest. To diminish the liability to the attack, plunge the child, every day, *for an instant* into *cold* water, and quickly rub him dry. If you are afraid to begin by plunging the child into the water, you may sponge him all over, once a day, with cold water, with a dash of salt in it. Give cod-liver oil, half to a teaspoonful, twice a day, to any child that thus suffers.

17. **Cuts and Wounds.**—1. If the sides of the wound be clean-cut, and not jagged or torn, after bathing with cold water to stop the bleeding, bring the edges neatly together and keep them close by strips of adhesive plaster laid over the wound, with little intervals between them. You may use a fine needle and thread instead, passed through the sides of the wound, if you know how to do it properly. Place a pledget of wet lint over the orifice of the wound, and if there be much bleeding, dip the lint in a saturated solution of gallic acid, *i.e.* two or three scruples of the acid to eight ounces of soft water. 2. If the wound be much jagged and torn, it is no use trying to bring the sides close together by strapping or plaster. Put a bread-and-water poultice on, or else lint dipped in cold water, or in a weak solution of carbolic acid. Poulticing or warm fomentations will keep the inflammation down; when this is subsided, water dressing, warm perhaps is best, will heal the wound.

Other medical men strongly recommend treating injuries from falls, blows, or contused wounds, with arnica lotion: twenty drops of the tincture of arnica to half a pint of soft water: should the skin be broken or cut, the lotion to be half this strength.

In case the bleeding be very great (*N.B.*—The blood from an artery is bright red, the blood from a vein is dark and purplish), act as follows, till you can get medical aid:—If it be only a vein that is wounded (judge by the colour of the blood and its coming out in a continuous spirt), then put a doubled bit of lint over the wound and bandage it firmly, using the solution of gallic acid, if you can get it, to dip the lint in. If it be an artery wounded (judge by the colour of the blood and its coming on jerking), then tie a scarf or handkerchief tight round *above* the wound, that is, between the wound and the body (if it be on the leg or arm), and tighten it cleverly, taking care not to bruise the limb, by what is called a stick tourniquet. That is, after tying the bandage round the limb firmly and tightly, insert a nice bit of strong, round, smooth stick (a ruler or small walking-stick will do, or even a strong penholder), beneath the bandage or handkerchief, between it and the skin, and twist it till it screws the bandage tight enough to prevent the blood flowing. Of course meanwhile you may employ your own or a friend's thumb or finger to put a strong pressure just above the wound, finding out if you can where the artery is, and pressing on it, till you get the bleeding stopped, and then put a neat pad on the wound and bandage it fairly tight or fix it with plaster. *N.B.*—Make your pad about an inch thick, of layers of lint of different sizes, the smallest bit of it to go next the wound, and the

other bits of the pad larger and larger over it in proportion till the necessary thickness is attained. Wipe the blood out from the wound carefully before you put the pad on, and if the wound be in the leg make the patient lie down at once. Apply all the cold you can to the neighbouring parts; ice if you can get it; if not, cold water. Water dressing, that is, lint saturated with cold water, and perfect quiet will probably do the rest, when the bleeding is stopped.

N.B.—Absolute rest is necessary in all cases of wounds and bruises; especially when they are in the trunk or near a large joint.

18. **Diarrhœa.**—Do not try to stifle it immediately with chalk-mixture, opium pills, or any of the common diarrhœa medicines, but give first a small dose of castor oil or tincture of rhubarb, or Gregory's powder, and wait till it has operated: taking care to keep the patient, if possible, perfectly quiet, and on his back. In case there is much pain, you may put five drops of laudanum into the dose of tincture of rhubarb. If the diarrhœa still continues after the medicine has operated, and you cannot get a doctor, then give, according to age and strength, five, ten, or fifteen drops of chlorodyne in a wine-glass of water, every two hours; and if that does not answer, then a half grain or one grain opium pill every two hours, or a wine-glass of water with fifteen to twenty drops of laudanum, and a little essence of peppermint and powdered ginger. Feed the patient with dry toast, tea without milk, rice-pudding and arrowroot; allow no meat and no vegetables, and keep him quiet in his berth; a warm bed is best of all. If you keep on your legs, or moving much about, you may have a very bad time of it. A rice diet is *very* advisable.

A very able medical man tells me that he finds the following treatment to answer admirably: Commence with a mild dose of some opening medicine or other, and then give ten drops of diluted sulphuric acid three times a day in a little water. For common cases, not violent, of diarrhœa, I have found, myself, the homœopathic treatment of camphor pills, one or two every quarter of an hour or so, work extremely well.

19. **Diphtheria.**—If no doctor can be had, use "tea-spoonful doses" of a mixture made by adding two drops of "liquor ammonia fortiss" (caustic ammonia) to an ounce of distilled water; give it every half-hour. For *Malignant Sore Throat of Scarlatina* give, as a drink, a mixture made by adding hydrochloric acid to pure water, until the mixture is pleasantly acid. Continue it, as desired by the patient, until the sore throat is better. (Communicated to me by Dr. Thomas, of the Hydropathic Establishment of Llandudno.)

20. **Dislocation of the Shoulder.** — If no doctor can be had, place the patient flat on his back upon a low bed, and sitting by his side, facing him, place your heel in his armpit, and firmly grasping his arm at the elbow, pull steadily and continuously, *without jerking*, in a direction towards yourself and across the patient's body. By this means you form a lever of the first kind, of which the dislocation is the force to be overcome, and your heel the fulcrum.

21. **Dislocation of the Elbow.**—The patient being seated in a chair, place the point of your knee in the bend of his elbow, pressing it firmly against the lower part of the arm and not the forearm; grasp the forearm firmly with both hands and pull in a

direction towards yourself. The dislocation in both cases will be known to be overcome by a sudden and peculiar jerk felt by the operator and by the joint assuming its proper shape.

22. **Drowning.**—GENERAL DIRECTIONS.—Strip the patient immediately, and wipe him quite dry, cleaning mouth and nostrils carefully; cover him with hot cloths, and place him for a short time in a bed or on the ground, with his face downwards and one of his arms under his forehead, to assist the escape of the water from his mouth and the leaving the windpipe free by letting the tongue fall forward: then rub with hot flannels or cloths, place hot bottles under the armpits, the calves of the legs, and beneath the feet; tickle the nostrils with a feather to excite breathing, and do not give up rubbing the body for at least four hours; hartshorn, or snuff, or smelling salts may be put to the nose to help to excite breathing. If there be no signs of breathing, and you cannot excite it by tickling the nostril with a feather, try the following plan, Dr. Silvester's: "Stand behind the head, take the two arms, draw them sharply up above the head, so as to put the muscles on the stretch and draw the ribs apart. Then press down the elbows against the sides, thus making air enter and again come out, and so imitating the natural process of breathing. Take your time about this, and do it slowly and steadily, about fifteen or twenty times in the minute." Keep on meanwhile rubbing the body with hot towels, and now and then dash a glass of cold water on the face and chest, and rub dry again directly with a warm cloth. (For more, see *the Directions of the Humane Society*, or of *the National Lifeboat Institution.*)

23. **Dysentery.**—This is a complaint not to be trifled with; if possible procure the best medical advice within reach. *Faute de mieux*, in the first place keep the patient quite quiet, in bed, if possible, warm, and give a mild purgative, such as a tea-spoonful of castor oil, or half of a wine-glass of tincture of rhubarb in half a tumbler of hot water; it is not at all an object in acute dysentery to check the purging at first: the "stuff" cast off must come away; why therefore stick it up in the bowels? When the purgative has operated, any comforting, soothing opiate at hand, such as fifteen to twenty drops of Battley's sedative, or, if this is not to be had, fifteen to twenty drops of laudanum in a wine-glass of water every hour or so. Absolute rest, warmth, and the use of draw-sheets, if they can be procured, instead of the night-stool, are most important; feed the patient on baked or boiled flour, if you can get it, prepared in the following manner:—Fill an earthen jar or preserve pot with flour, ram it down tight, cover it with a bit of bladder or canvas, put it inside a pan of water, or into an oven, and boil it or bake it till it is quite hard. When cold cut a bit out with a knife, as big as the end of your thumb or so, pound it, mix with hot water till as thick as paste or thicker, flavour with a little cinnamon, ginger, or peppermint, and let the patient eat as much as he likes of it. It is soothing, comforting, and nourishing to the stomach, and goes a long way towards quieting the horrid flux. (I have used it several times with excellent effect.) Give the patient strong cold tea to drink, best perhaps without milk and sugar. If fresh milk can be procured, there is no objection to its use, and if at sea, *not* ship's biscuit, but soft bread—no fruit, no vegetables, and

above all no spirits or beer.[1] For a very bad and obstinate case at sea, where no doctor is to be had, I have known the following prescription used, and answer excellently for an adult. Fifteen drops of turpentine, half an ounce of castor oil, fifteen drops of laudanum, and half an ounce of best olive oil. Take at night. For a very bad and rapid case which threatens under a blazing sun soon to make an end of poor Jack, some recommend bleeding; but by the best authorities this is considered not only unnecessary, but *decidedly* bad practice in such diseases.

24. **Earache.**—In any case apply some warm poultice, such as bran or bread. If there be any discharge from the ear, wash it with warm water and keep it clean. Some recommend a few drops of warm sweet oil to be poured in the ear; but in no case commit the common blunder of stuffing the ear with cotton wool. Not a bad substitute for a poultice, and often efficacious, is a baked or boiled onion, or a roast potato. Take a small dose of opening medicine. If the patient *must go out and be exposed* to the open air, then it is better to put a little soft cotton wool in the lap of the ear than to wear no protection.

25. **Fainting.**—Put the patient immediately in a chair, and make him sit down, and bend his head low between his knees, until the head be brought pretty well on a level with the lower part of the stomach: by these means (the feeling of) faintness will at once pass off.

[1] For *mild* cases, five grains of Dover's powder, to which add two grains of Ipec., thrice a day, or a half-grain opium pill, as often, would probably be sufficient. Keeping in bed, hot fomentations on the abdomen, absolute quiet, and the use of draw-sheets, will do the rest. Don't forget to wear what is called a cholera belt, or, if you can't get that, a broad strip of flannel, passed twice or thrice round the pit of the stomach.

N.B.—I have never found this method fail; but many excellent doctors prefer laying the patient flat on the floor, or on a table, with his head as low, or even lower than his body and feet.

26. **Fits.**—If you are present when a person is first taken with a fit, put, if you can get one, a bottle of smelling salts to his nose, and perhaps you may ward the fit off. If not, immediately unfasten the neckcloth, unbutton the waistcoat, and loosen the braces. Give all the fresh air possible, take the shoes off, and bathe the forehead with cold water; then put a piece of soft wood, or something to save the tongue being bitten, between the teeth; a cork even will do. Then, if possible, put a strong mustard poultice on the back of the neck, and put the feet into hot water.

Undress and put the patient into bed as soon as possible; let him sleep six, eight, or ten hours. Do not attempt to grasp his limbs *tight*, or hold them tight while he is in convulsions, as he will only bruise himself. Restrain, but do not violently oppose, the struggles. For cases of this kind give the simplest and lightest diet: beef-tea, rice, milk, tea and toast, chicken-broth, etc.; and be very careful to let no one subject to fits overload his stomach, or otherwise play the fool with himself.

N.B.—Every one, either man or woman, subject to epileptic fits, ought to live temperately and chastely, never to touch strong drinks, and to avoid all dangerous places, such as the house-tops, the neighbourhood of pits, and the like. Change of air, scene, and occupation, a voyage at sea, and when the patient can bear it, a shower-bath in the morning, may do a good deal towards effecting an entire cure.

27. **Fractures or Broken Bones.** — SYMPTOMS.—The patient is unable to use his limb; there is more or less distortion and shortening; and upon firmly grasping the two ends of the bone and moving them slightly, a peculiar grating or "crepitus" is felt. Till the doctor comes, if one *can* be had *soon*, content yourself with placing the broken limb in as comfortable a position as possible, the patient being put on a hard bed of course; the leg or thigh rests most easily on the *outer side* with the knee bent; the arm, whether fractured above or below the elbow, rests most easily when laid on a pillow, half bent.

TREATMENT.—*Thigh Bone.*—What to do if a doctor *cannot* be had. Lay the patient flat on his back on a *hard* bed and tie a weight, weighing from four to seven pounds for an adult, to the foot of the injured limb, and allow it to hang over the end of the bed; place a bag filled with sand on either side of the thigh to support it, and bandage the limb and bags together. The bag should be the length of the thigh and the thickness of the calf of the leg.

Bones of the Leg.—Take a small blanket and fold it till it is about two feet long by one and a half broad, and about two or three inches in thickness; lay the injured limb on this, and having made steady traction on the foot until the limb is the same length as the sound one, strap the blanket tightly around the limb with two straps, one at the ankle, the other at the knee.

Bones of the Arm.—Obtain some thin pieces of wood, from two and a half to three inches in width, and the length of the fractured bone. (The sides and lid of a cigar box answer admirably.) Pad them with cotton wool or tow, and bind them tightly around

the arm, having first pulled the fractured ends of bone as nearly into position as possible. In fractures of the forearm *two* splints, one on the back the other on the front, are sufficient; in the arm, *four* splints must be used; the hand only, and not the whole arm, to be put into a sling: the weight of the elbow then pulls the broken bone down and keeps it in position.

The splints must be kept on the arm for a month, on the leg six weeks.

Broken ribs.—Swathe the chest tightly in a jack-towel, and fix firmly by sewing.

28. **Frost-bite.**—*Take great care* not to bring the patient into a warm room or near a fire; or the most dreadful consequences may ensue, such as the loss of a limb, mortification, and so on. Rub the part affected with snow in a cold room, and then bathe with ice-cold water, or lay bits of linen on the part soaked in ice-cold water. Let the circulation be slowly restored. After a time give a little weak cold brandy and water.

29. **Gout.**—If you can get no medical man, act as follows:—Begin with a smart calomel and colocynth pill for a purge. Then mix six grains of rhubarb powder with half a drachm of carbonate of soda, or, as some authorities say, with half a drachm of carbonate of magnesia, dissolve in a little water, and take it three times a day, and go on for a week. If the part be red and inflamed, use poppy-head fomentations, and lay carded cotton on it.

N.B.—Avoid malt liquors during the attacks, and if prone to gout, employ them at all times sparingly.[1]

[1] For more on this subject see the article "Gout," in the second part or appendix to this pamphlet, p. 82 *infra.*

30. **Infectious Diseases.** — COMMON PRECAUTIONS TO BE ATTENDED TO AGAINST, WHEN THEY UNFORTUNATELY HAPPEN TO BE PREVALENT. — First and foremost attend most carefully to personal cleanliness. Wash all over at least once a day; better still with cold water every morning and tepid water every night. Second, attend most particularly to the ventilation at night. If you have no ventilator in your window, then leave the upper sash open at least a quarter-inch or so—more, if there is no wind, both top and bottom if the night is perfectly still.

If you can afford it, manage to have a small fire in your bedroom every other night. Make yourself quite sure first that the chimney is not closed by a fire board, or by a chimney trap, or by something placed in the chimney to prevent the soot falling into the room. Boring four or five small holes through the bottom of your bedroom door is no bad method of admitting fresh air; but the thing is to *let the foul air out*, and this can hardly be done without some mechanical contrivance, viz. as a ventilator in the ceiling—such as a curved zinc tube passing from the centre of the ceiling into the open air through the tiles, so made as to allow the foul air to escape, but no draught or rain to come down through it. In case you apprehend danger, either to yourself or to others, the patient is immediately to be put to bed, kept warm with a fire in the bedroom, and you can hardly go wrong by giving at once either a purgative dose (castor oil or tincture of rhubarb), which is probably the safest in unprofessional hands, or a Dover's fever powder: light diet, beef tea, mutton broth, and slops generally. If not better in the morning, send for the doctor. Keep the room *warm* with a small fire,

but not *stuffy:* fresh air before everything; only no draughts. Bathe face and hands with warm water, and if you cannot get Dover's or James's fever powders, then give a tea-spoonful of sweet spirits of nitre in a cupful of hot milk, and wrap up warm and induce a thorough perspiration.

31. **Insomnia, Sleeplessness.**—In case you should be troubled, as many persons not otherwise affected in their general health are, with this most wearing and harassing annoyance, then, before resorting to the counteracting effects of sleeping-draughts, it may be worth while to try one or more of the following possible palliatives. Of the efficacy, more or less certain, of one or two of them, I can speak from my own personal experience. But first, on the possible hypothesis that you *have* already tried all that nature can do, and *must* resort to art, then, instead of morphia or laudanum, or even Battley's sedative—all excellent in their way when prescribed for you by a qualified doctor, who has heard your symptoms and knows your case—take the following sedative draught:—Hydrate of chloral, bromide of potassium, of each from 20 to 30 grains; syrup of orange peel, 2 drachms; water to an ounce and a half. To be taken at bed-time. It is worth while trying whether the bromide of potassium by itself would not procure the desired result, *without* the hydrate of chloral; anyway, be most especially and particularly on your guard against getting into the habit of taking hydrate of chloral by itself alone; and still more, do not take up the pernicious practice, now much indulged in, and with very evil and even fatal effects, of eating chloral. Get, by the way, and read, if you care to do so, a very graphic article on the effects of

this habit, by Dr. Gordon Stables, in *Belgravia* for April 1875.

First, then, before resorting to any drug, try rising early; and, wherever you are, whether in town or country, get a good walk—better still, a ride—before breakfast; in fact, rather go, as I would, without your breakfast than without your walk. Resist all temptation to fall asleep during the day, and in especial *fight off*, by getting up and compelling yourself to move about, *all somnolency after dinner.* Get all the sensible, wholesome exercise in the fresh, or, at least, the open air, you can, during the day. Go to bed in decent time, say at 10.30 or 11 P.M. at latest, and after undressing, either sponge the whole body over with a moderately wet sponge, and rub dry with the roughest Turkish towel you can get; or else scour yourself all over, chest, back, and everything, with a flesh-brush; using, if you like, a pair of horsehair gloves, and a broad horsehair-belt for the back. This latter practice in especial — the use of the flesh-brush—has a wonderful effect even by itself in inducing sleep, and is strongly recommended by Dr. Duckworth in his pamphlet on *The Causes and Treatment of Sleeplessness.*[1] I can testify myself to its virtue, even when *not* preceded by the cold-water sponging. It is no bad plan either, particularly on a cold winter's night, to use the Indian clubs or the dumb-bells, for ten minutes, till you are in a delicious warm glow, before jumping into bed. Indigestion and the busy brain are, of course, two of the principal causes of sleeplessness; attention to the

[1] *Causes and Treatment of Certain Forms of Sleeplessness*, by Dyce Duckworth, M.D., Assistant Physician of St. Bartholomew's Hospital; published by Messrs. Longmans and Co., price 1s.

first by avoiding hot heavy suppers, and the eating nothing that you *know* will disagree with your stomach, will probably remove the first, and doing your best to banish all unpleasant thoughts of annoyance, wrong, work, or business, before going to bed, will help to remove the second. Sleep in a flannel night-shirt, and between the blankets, *not* in cold linen sheets (I cannot recommend this too strongly); say your prayers before you undress yourself, or else *in* bed, and not starving and shivering with cold in a linen night-shirt by the bedside, and be sound asleep in ten minutes.

I would especially recommend also the putting away for half an hour, or at least for a quarter of an hour, all hard, laborious, and intellectual work. Do not continue any composition, whether Greek, Latin, French, or English, not even letter-writing, till the last minute before going to bed. So, also, put aside all stiff and hard reading, whether for pass or class, first or second M.B., or first or second F.R.C.S., and after you have read your chapter, or half chapter, of the New Testament, take the jolliest, most amusing novel or tale you can lay your hand on, and so drive out of your head all "carking cares," and thoughts of "what the morrow may bring forth;" and lay your body between the soft Whitneys, and your head on the pillow, full of

> "The looks and sighs,
> The mingled doubts and fears,
> The passionate hopes and memories,
> The eloquent smiles and tears"—

of the hero and the heroine of the tale: all as unreal, ideal, imaginary, and evanescent, as the light dreams that will soon fill every membrane of the brain that is not already lulled to its natural repose. Two other

methods may be also tried, if these fail. I have often put myself to sleep by repeating poetry by heart to myself, something that one knows so thoroughly that it requires no sort of effort—Tennyson's "May Queen," Milton's "Lycidas," or his "Christmas Hymn," have often and often proved my narcotic. There is, besides, yet another plan strongly recommended in (I think) a work on the *Philosophy of Sleep*, by a Dr. Acton, which I read many years ago. It is this—to fix the mind steadily and perseveringly on some one sole object, and never let the attention be diverted, or the fixed thought waver for a single instant. As soon as you have settled yourself comfortably in bed, imagine to yourself, Dr. Acton suggests, the two currents of air passing out from the nostrils at each exhalation. Take each time a long slow breath *through the mouth*, then close the mouth and *expel the breath through the nose*, fancying all the time that you can see the two volumes of breath passing out through the nose, as distinctly and clearly as one can see one's breath on a fine frosty morning. Continue the process steadily and without allowing your thoughts to wander for an instant, and you will be asleep in five minutes or less.

32. **Lumbago.**—Use plenty of friction, with a Turkish towel, or if you can bear it, with a flesh-brush. Apply flannel, moistened with mustard liniment, to the place where the pain is bad, and wear a flannel belt round the waist and loins—red flannel is best. If you have no mustard liniment at hand, use a mustard poultice or plaster, sprinkled with a few drops of spirits of turpentine: it will answer the same purpose. A Turkish bath, if you can get one, or if not, any medicine to act upon the skin and bring out perspiration, is generally useful.

33. **Measles.**—First and foremost, do not invite it, in case it is prevalent, by catching cold, lying on damp grass, by any exposure to wet, cold, or damp, or by disordering your stomach by sweets, pastry, and so forth. If measles is prevalent, such a course of conduct would be especially foolish.

SYMPTOMS. — Eyes running, hoarseness, violent sneezing; on the third or fourth day a rash comes out, much as if the patient had speckled his face with raspberry jam.

TREATMENT.—Put the patient to bed, and keep him warm; allow no cold draught in his room, but do not let it get close. Wash the hands and face with hot water; keep the eyes clear, and manage somehow to keep down the cough, by a bran poultice if necessary, till the doctor comes.

34. **Piles.**—Avoid all strong rich soups and hot fiery wines. If you must take wine, let it be a little good sound Bordeaux; but you are better without any. If you cannot get medical advice, take a teaspoonful of milk of sulphur, bought at the best chemist's (for it is often adulterated), in a wine-glassful of water once or twice a day. A blue pill every other night, followed by a little castor oil or tincture of rhubarb in the morning, is no bad thing, if you are troubled with this tiresome painful complaint. In especial, wash the part affected with cold water after every motion, and apply a little gall ointment.

35. **Poison.**—TREATMENT.—Send at once for a doctor, and lose no time. Meanwhile administer doses of warm water with plenty of mustard in it, or else ipecacuanha wine, and irritate the throat by the feather end of a quill. Should the case be past the power of sickness and relief by vomiting, and there

be no stomach-pump, then perhaps your best chance is to administer a very strong dose of castor oil, or some even more potent purgative. Of course, if you know any special antidote for the special poison that has been taken, use it.

Mr. Stowe's admirable *Toxicological Chart*, that is, "List of Remedies against Poisons," published by Messrs. Churchill and Sons, 11 New Burlington Street, London, W., is well worth your purchasing: particularly if you are captain of a large passenger ship, or otherwise in the habit of employing a large number of men or women, the care of whose health is important to you.

In case of *poisoning by laudanum*, give strong black coffee, keep the patient moving about; walk him to and fro between two strong men, beat the soles of his feet, pinch him; in fact, do anything to keep him awake, and by no means suffer him to go to sleep.

Mineral Poisoning.—If you have reason to suspect that the patient has swallowed any metallic or mineral poison, make him or her swallow *at once* three or four white of eggs, or more, *before* you give the emetic. This is especially useful in poisoning by corrosive sublimate. If you can't get white of egg, use milk, oil, or flour and water.

36. **Retention of Urine.**—Put the patient in a hot bath and keep him there till he feels faint; give him from 30 to 40 drops of laudanum in a little water.

37. **Rheumatism.**—PREVENTIVES.—Of course, in case you get thoroughly wet, change everything as soon as you can, and do not, on any account, sit in wet things, or let them dry upon you. If you are a seafaring man, do not, if you can help it, go and lie

down in your oilskins with your underclothing all wet, but make time to shift, and, anyway, put a dry flannel shirt on before you lie down. Also, if you are in the morning watch, save up a bit of biscuit and a drop of coffee in your tin, to take first thing before you begin to wash decks. If you have them, wear good sea-boots (grease or oil them well), and oilskins, while washing decks, and do not lay an unfailing foundation for rheumatism by washing decks with bare feet and legs, and on an empty stomach. The great thing is, after shifting everything wet before you go to bed, to rub yourself warm and dry with a rough towel, and sleep in a dry flannel shirt.

FOR INCIPIENT RHEUMATISM.—PREVENTIVES.—I have found the use of a flesh-brush, or rough Turkish towel, with any quantity of cold-water sponging, and taking care to rub dry after it, very efficacious. Use plenty of friction, wherever you feel the pain: wear flannel next the skin, and do not, on any account, sleep in the same flannel shirt or under waistcoat that you have worn during the day. By attending to these precautions, you will, possibly, escape rheumatism altogether, or arrest it at its first appearance. By all means, take a Turkish bath, if you can get one.

TREATMENT.—Of course, get the best medical advice within your reach, and if you can afford it, consult any hospital physician, or any doctor, London or other, who has made rheumatism and similar complaints his *speciality*. If no doctor can be had, then the following palliatives may be resorted to. They will relieve, anyway, if not take away the dreadful pain. Use friction, *per se* friction, if it can be borne. Apply soap liniment on a bit of flannel, or, better

still, mustard liniment on a bit of flannel, and keep it on as long as you can bear it. If this fails to give relief, rub with chloroform and laudanum mixed, or lay a bit of flannel dipped in the mixture on the place; and if you can get any, put strips of blister plaster near the affected parts, when the pain is very severe. Equal parts of chloroform and camphor liniment rubbed in with the hand, or with a bit of flannel where the pain is greatest, often give great relief, if the patient cannot bear friction.

The following recipe for a liniment, taken from one of our Hospital Pharmacopœias, is, probably, in case that you are in pain, and can get it made up, as good as any you can use for lumbago or rheumatic pains.

℞ Lin. Belladonnæ . . . ℥vj.
Chloroformi . . . . ℥ij.
Lin. Camph. co. . . . ℥j.
Ft. mist.

That is, in English, six drachms of liniment of belladonna, two drachms of chloroform, and one oz. of compound camphor liniment, mixed, and applied as above.

Of course, *all severe acute rheumatism* (*rheumatic fever*) *should be seen by a medical man:* internal mischief of the most serious kind may otherwise occur, and the heart may be affected and then—! In my own very limited experience, I have known the flesh-brush, by itself, to work wonders, even in cases of rheumatism of some standing, and have also seen a *wet wrap*, with flannel or gutta-percha outside, to keep the warmth and moisture in, over the arm or leg affected, produce an excellent effect, and for a time banish all rheumatic pains.

A well-known London M.D., who has made rheumatism one of his special studies, recommends the following treatment. (I *know* of one bad case where it has been entirely successful.) Wear a close-fitting under-waistcoat with sleeves, and a pair of drawers, of *spun silk;* use one suit for day, and one for night; and *take*, on first waking in the morning, *a tea-spoonful of essence of ginger* in a little warm tea.[1]

38. **Rupture.**—As it is quite possible that this calamity may happen to you, without your being aware for some time of what has befallen you, and delay in such a case may be very dangerous and entail very grave consequences, it is as well to mention some of the more common symptoms. Bear in mind that it is, some think, hereditary, and that if it has occurred to a parent, generally speaking, to a father, then the son, or the child, may look forward to its happening to him, probably about the age of 40, and very likely only in consequence of some slight accident or over-exertion about that age, such as a stumble going up a staircase or the leaping over a narrow and easy ditch; something a great deal short of what rowing in the University boat-race, or your horse's "buckjumping" while you are riding, may produce. Even in my own limited experience I have known a sailor at sea rupture himself while hauling at a rope, and remain entirely ignorant of

[1] *N.B.*—For your sorrow, if you are a sufferer from this wearing and painful complaint, *no one specific has yet been discovered for it.* If the essence of ginger, however, should not do good, you may as well try *lemon-juice*, instead. Others, great authorities, laud, some alkaline drugs, such as bicarbonate of potass; others, iodide of potass; others, guaiacum, as likely to be curatives; but the administration of *them* you must leave to a real doctor.

what had really happened to him, for three or four days. Hospital surgeons and others in large practice meet, no doubt, with many similar cases of ignorance in their patients.

SYMPTOMS.—If the accident be met with suddenly, and the rupture caused at once, in full force, strongly developed, then an acute pain will be felt, and the protrusion in the part affected will speak for itself and be unmistakable. If, on the contrary, the rupture comes on gradually, then a heavy, dull, bearing down pain will be felt, which will gradually increase and be attended with more and more sickness and vomiting. The unmistakable evidence is the protrusion, which will make itself known by feeling, when you put your finger to the place, that one spot on the surface of the belly protrudes beyond the rest, when you give an impulse to the intestines by coughing or straining in any way, particularly when at stool.

HOW TO ACT.—At once, if you perceive a rupture (and you can distinguish it from any glandular swelling by its visibly increasing and descending when you cough), make pressure upon it, so as to return the bowel which is in it, and prevent it from coming out again. One need hardly say that, if you are within the reach of and can afford good medical advice, *at once* show the place to the best surgeon you know; and if you are a poor man, go to the nearest hospital and wait to see the surgeon of the day in the out-patients' room. *Do not* on any account *neglect it:* it may get much and very dangerously worse, and will certainly, whatever your age may be, never get any better without proper treatment. In case you can in no way get to see a surgeon, then, if you are on shore, go to the nearest and best of truss-makers you

know of, *get him* to examine the rupture, and provide you with the best *properly-fitting* truss you can afford to pay for. *Wear this always*, except when in bed, so as never to allow the rupture to come down, and if you can anyhow afford it, keep a second one, so as to have it ready at hand, in case any accident happens to the one you have on. It is best and safest *not* to take your truss off till you are *in bed*, and lying down, and do not be tempted during the night to jump out of bed for any purpose whatever, without first putting your truss on.

Should you, unfortunately, be at sea, and there be no truss in the medicine chest that will fit you, or be elsewhere, where you can nohow procure a truss, then do your best to make a large pad of lint or tow. Place it exactly over the spot where the protrusion is, and keep it in its place by passing a bandage in a figure-of-8 round the body, above the hips, and round the upper part of the thigh, so that the two turns of the bandage shall cross each other over the pad of lint. Recollect and never get up from the lying posture *without first fixing your truss or your bandage properly on*, and see that it does not get too slack while going about your work. Of course, a truss is far better, more safe, and more easily worn than a bandage and a pad, but "those who cannot sail must row."

Take good care and attend to your bowels, keep them freely open every day, and mind you do not get constipated, in case you have a rupture. For your consolation, if the rupture is early returned, there is no danger from it; and if you wear a good, well-fitting truss, you will be able to go about your work as usual, and even take strong muscular exer-

cise, gymnasticise, and possibly, as I have known men do, even row in boat-races, and win them, too.

38A. **Strangulated Hernia.**—Perhaps, even in an *un*professional little work like this, it is best to say something of this dangerous, painful, and very possibly even fatal affliction; though you must be either a fool or a madman if you do not, in your own case, if it *be* your *own*, or that of your patient, call in at once or resort to the very best surgical aid within your reach. In case you should be at sea, on board a merchant-service ship, that carries no surgeon, or elsewhere on shore, where there is no possibility of obtaining professional help, then, perhaps, the following advice may be of service.

In case the rupture be difficult to reduce (and remember that a rupture may be produced and become strangulated at the same time, though it is generally with ruptures of long standing that this danger occurs, owing to some very violent exertion or some terrible pressure or squeezing), then act as follows:—Place the patient on his back, supporting the shoulders with a thick pillow or bolster, so as to bend his body forwards. Next, bend the knees upwards, so as to make the lower part of the belly as loose as possible, and on the injured side—the side, that is, where the rupture exists—bend the whole thigh back against the abdomen; taking care, at the same time, *not* to bend the thigh outwards, that is to say, away from the body. When you have thus relaxed and loosened all the parts about the groin, use *the fingers of both hands* to manipulate neatly and gently the parts about the neck of the swelling—that is, of the protruding mass—and endeavour to make the contents of the bag, or sac, as it is called, return

bit by bit into the belly, and do not attempt to push the whole of it back by main force at once. Should difficulty occur in doing this, put the patient into as hot a bath as he can bear, and give him 40, 50, or even 60 drops of laudanum. This last, 60 drops, is of course *the maximum dose*, equal to 4 grains of opium; but very experienced surgeons tell me that they would not scruple to give it, if the case be a bad one, and the pain very great. Wait till the heat of the bath shall make him quite faint, and while he is still *in the* bath do your best to reduce the rupture, taking the greatest care during the operation not to bruise or injure the intestine contained in the protruding mass.

39. **Sea-sickness, Cure, or rather Preventive of.**—Before going to sea, take on the previous evening a small dose of opening medicine, such as a couple of compound rhubarb pills, or a small dose of castor oil. I have often found that two of Norton's chamomile pills, a patent medicine sold at most apothecaries' shops, or one of Cockle's antibilious pills, answer the purpose, though regular medical men cannot be supposed to subscribe to the use of so-called quack compounds.

Immediately on the vessel's getting out to the open sea, repeat the dose, and lie on your back. Do not be persuaded to use any of the so-called remedies that the steward will offer you; least of all touch brandy. When once the medicine has operated, all the feeling of sea-sickness will pass off; but in case of severe weather coming on, take one or two of Norton's chamomile pills. While lying down keep your eyes shut, and remain as near the centre of the vessel as you can. Better still, get into a hammock, if you can get one swung for you, as near the centre

of the ship as possible. In a hammock, weighted at the bottom with a heavy shot, and furnished with curtains, suspended from above with iron or brass rods, so as to admit the air, but to prevent your seeing the motion of all about you, while the ship is rolling or pitching, you may defy any sea-sickness, however heavy the weather. In case of great exhaustion from prolonged sea-sickness, the stomach will often retain water-arrowroot warm, with a dash of brandy in it. If the voyage lasts two or three days, and you do not feel altogether as well as you should do, drink a glass of cold water the first thing on getting up in the morning—avoid suppers; but if you can get stewed prunes for tea, take them.

40. **Sore Throat, Treatment of.**—If sudden and violent, lose no time in sending for a doctor; there is no knowing what mischief may otherwise supervene. If no doctor can immediately be found, and the case seems urgent, then wrap the patient in blankets, or better still, in a sheep-skin coat (if you have one), with the wool next the skin. Administer a tea-cupful of hot milk with a tea-spoonful of sweet spirits of nitre, and round the neck tie a towel or napkin, wrung out of cold water, taking care, of course, to prevent the water from running down the patient's neck or chest, and outside it wrap gutta-percha, oil-silk, or flannel, to keep the heat and moisture in. Put the patient to bed, wrapped in a blanket or sheep-skin coat, and heap on him all the warm clothing you can find, and get him into a good perspiration, if you possibly can, by these means. In case he seems feverish, with a foul tongue, and a rapid pulse, you can hardly do wrong by giving him a dose of Dover's, or James's fever powder, instead of

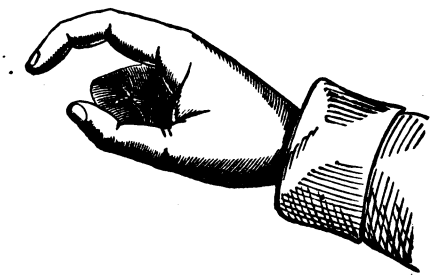
the sweet spirits of nitre. Follow it up by a dose of castor oil, or a purgative pill in the morning.

The soreness is much alleviated by holding a clove in the mouth; some persons recommend a nitre ball, but these are only temporary remedies. Do not try a mustard poultice instead of the cold-water wrap; for ἄριστον μὲν ὕδωρ (*i.e.* the cold-water bandage round the throat is the best). For slight cases of sore throat, rubbing the throat externally with hartshorn and oil will often suffice.

41. **Sprain, Bad.**—If it be a knee or foot, do not walk on it; if it be an arm or hand, do not use it more than you can help; get home, and keep quiet, and as soon as you can, wrap the part affected with a towel or cloth, as full of cold water as you can bear it; always providing it does not run down. Wrap the cloth round with gutta-percha or oil-silk; if you have none of these, substitute flannel. If you keep yourself perfectly quiet, and the towel or cloth continually moist, and go to bed, you very probably will be well next morning. A lotion of tincture of arnica and water, not too strong, may probably be used with benefit, instead of water alone. Some medical authorities recommend, in preference to the above treatment, bathing well the part affected with hot water, then applying a hot-water bandage, with flannel or gutta-percha outside, or a linseed poultice on the part sprained. If it be a foot or knee, do not let it hang down, and if it be an elbow or a wrist, support it in a sling.

42. **Stammering, Cure of.**—Take your patient into a private room with you, or somewhere apart, where his nervousness will not be aggravated by any one else's presence. Bid him quietly imitate you, in

doing as follows: clench your right fist, then, extending the forefinger of the same hand, slightly curved (see illustration), make him pronounce an easy sentence, *syllable by syllable*, slowly after you, tapping slowly and deliberately, once for each syllable, in the open palm of the left hand, or rather, on a table or desk. Make him do this *several times* after you,



bidding him imitate you in each motion of the right forefinger and hand, till he enunciates without difficulty. Persuade him to do this, quietly and steadily, without afterwards minding the presence of other people; and, if he will but persevere with it, the cure will be effected in a few days. The patient ought to practise this by himself, afterwards, reading or speaking *aloud*, in a room alone, tapping once as he brings out each syllable; and he will find, as I have done, that he will entirely conquer the habit of stammering within a short time. This remedy was taught me several years ago by one of the very first medical men living. I can safely say that I never found it fail, and that I am sure that by means of it I have *entirely* cured a great many very bad cases of stammering.

43. **Sting of Wasp, Bee, or Hornet.**—Take care and extract with your fingers or a small pair of tweezers any bit of the sting that is left in the wound. The place may be then gently squeezed to extract the venom, or even sucked with impunity, if there be no scratch, crack, or abrasion, on the lips. Then wash with warm water and rub some sweet oil into the place, which will generally abate the pain. A small poultice may be put on at night, if the pain be not all gone, or the place be still swollen. Ipecacuanha powder poultices are useful.

44. **Stomach-Ache**: 1. IN CHILDREN: 2. IN ADULTS.—1. To begin with this very "common heritage" of infantine and childish "woe," first and foremost show your sense, as far as a fond (and foolish?) papa or mamma *can* be supposed to show it, by preventing "the little ones" from eating and drinking what *you* know, and they don't know, to be a likely *fons et origo malorum.* For instance, prevent their eating raw and unripe fruit; going into the garden and picking and swallowing green peas, sour gooseberries, and so on; in short, *keep them on their proper diet*, eggs and milk, in especial, the only two perfect *per se* kinds of food; good brown bread, made at home of whole-ground wheat, infinitely more nourishing than the fine white bread, too often adulterated for the sake of the colour, with alum, to the ruin of the teeth and the confinement of the bowels; Scotch oatmeal porridge, with plenty of milk, not odious salt and the like. *N.B.*—Do not expect your young child to *thrive* on tea and white bread and butter only; still less on buttered toast. A growing child needs something better at breakfast than that. If you yourself know nothing about the

proper diet for a child, then buy one of the London Hospital Pharmacopœias, particularly one of the "*Children's* Hospital Pharmacopœias," at the end of which a proper dietary for a child, according to its age, is given.

If stomach-ache *does* come, in spite of all reasonable precautions, then, if you have no doctor at hand, or in case you don't, in your wisdom, think fit to call one in, or in case you cannot pay him if you *do*—then, *faute de mieux*, give from a quarter of an ounce of tincture of rhubarb to half an ounce, according to age and strength, with from two to four drops of laudanum, and four or five drops of essence of ginger in about a wine-glass or a little more of water. A little sugar and grated nutmeg in it will do no harm, and make it more palatable. Cut him or her, as the case may be, a bit of thin fresh lemon-peel, and give it to set the little teeth into as soon as the *succus amarus* is swallowed, to take the taste away; or, if you cannot get this, then a thin slice of a *ripe* apple, or a small suck at an orange. A child won't take medicine any the *better* another time, for having had the nasty taste in its mouth for minutes after it has swallowed its *first* dose. Put the child to bed, warm and comfortable; and if the pain continues, repeat the dose, and apply warm fomentations, flannels wrung out in hot water, with a few drops of spirits of turpentine sprinkled on them to the pit of the stomach.

Better still, if you are near and have access to a Hospital Dispensary; or, failing that, to a good chemist's, then have the following recipe made up, and give it:—

℞ Magnes. Carb. . . . . gr. x.
Pulvis Cretæ Aromat. . . . gr. x.

Tinct. Rhei. . . . . ℿxv.-xx.
Aq. Menth. Pip. ad . . . . ℥j.
Ft. mist.

Or, in English, ten grains of carbonate of magnesia, ten grains of aromatic powdered chalk, fifteen to twenty drops of tincture of rhubarb, and one ounce of peppermint water. Repeat the dose in half an hour if the pain be not quieted. This will suit a child of eight or ten years of age.

For *pain in the stomach in infants*, try, before you give Dill or any other medicine, gentle pressure with the palm of the warm hand on the abdomen, quietly and steadily applied. The pain, probably owing to wind only, will pass away, and you can sing with comfort Wither's charming ballad:—

> "Sleep, baby, sleep! what ails my dear?
> What ails my darling thus to cry?"

The following notes and suggestions have been obligingly sent me by an eminent physician of one of our largest hospitals:—

Commonest cause in infants not alluded to: viz. "wind" in the stomach and bowels.

Treatment.—Rub the belly with warm hand and throw child over the shoulder, so as to press gently on the stomach. In children, if apple or raw fruit—currants, and so on—be the probable cause, give a tea-spoonful of castor oil in peppermint water; failing this, the rhubarb dose, or Gregory's powder.

N.B.—Have woollen clothing (as soft flannel) worn next skin. Whole-meal bread, but *not bran* bread for *little* children, and *fine* oatmeal only should be used. Avoid *newly*-baked bread too. Second day bread is best, well-fired, and not raw and doughy.

If pain be aggravated by pressure and rubbing, the stomach-ache may be more serious, and advice should be sought. Warm light poultices and one dose only of castor oil. The directions for the use of laudanum must be regulated according to the age of the child; viz. one drop for every year of its age. For adults the castor oil and peppermint draught should be advised too.

2. IN AN ADULT.—Act much in the same manner as with this complaint in a child, if you have nothing better within reach than tincture of rhubarb; only, of course use a stronger dose, say from half an ounce to an ounce of the tincture, and from five to ten drops of laudanum. In case you can get it made up, probably no better prescription can be given than that which bears in Hospital Pharmacopœias the barbarous Latin name of *Haustus carminativus*, the draught, that is, that acts like a charm, viz.—

℞ Pulv. Rhei,
Pulv. Zingiberis, āā . . . gr. v.
Sodæ Bicarb. . . . . gr. x.
Sp. Ammon. Arom. . . . ℥xx.
Aq. Cinnamomi ad . . . ℥j.
Ft. mist.

That is, five grains of rhubarb powder with the same quantity of powdered ginger; ten grains of bicarbonate of soda, twenty drops of the aromatic spirits of ammonia, and one ounce of cinnamon water; or, if you cannot get that, plain water will do.

45. **Sunstroke.**—PREVENTION.—In case you are in a hot climate, and particularly if you have to expose yourself much, or travel, or work under a blazing sun, protect head, nape of neck, and spine

most carefully with a good thick felt hat with white cover on it, and a pugree, that is a roll of white calico round it and hanging down behind, well over the neck; or, better still, with a pith helmet and a pugree, and wear flannel next the skin. Drink no strong liquors while the sun is up; but only tea, lemonade, or claret and water.

TREATMENT.—Of course, if possible, call a doctor; if none can be had, unfasten his shirt, collar, neck-cloth, waistcoat, etc., and do not stand upon ceremony, but immediately dash a bucket of the coldest water you can get immediately over the patient's head.

So, in douching (that is, pouring a stream of cold water on) the head, neck, and chest. The best way in sunstroke and in other cases of congestion of the brain, is to put a sheet round the patient's neck falling over his shoulders; let him sit on a chair, and then take a large pitcher or jar of cold water, and pour it on the top of his head from a height of two or three feet; pack the patient, if you can manage it, in a cold wet sheet, and use the fan, give him *plenty* of cold, strong black tea to drink.

Wrap the top of the head round with a wet towel, using iced water if procurable. Of course, put the patient in the coolest place you can. If delirium supervenes, *some* doctors say use bleeding. [Of course this should be done by a doctor, but if no doctor can possibly be had, and you try it yourself, then do not touch the arm, but take the shoe and stocking off, and tie a bandage tight just above the foot, and as soon as the veins of the feet swell, one of them can be opened with comparative safety. When enough blood has been taken, the place is easily stopped with a little lint, diachylon plaster, or something of

that kind.] Give champagne or cold tea internally, and use ice if obtainable, externally.

N.B.—Others, and those the best and most recent Indian medical authorities, say most emphatically, *Do not bleed* for sunstroke; but trust to the cold-water cure.

46. **Tic-Douloureux, Treatment of.** — In case you are at sea, or elsewhere, where you can get no doctor, give two grains of quinine and five grains of citrate of iron three times a day in a little water. There is a soluble citrate of quinine and iron, of which eight to ten grains may be given three times a day.

In case this does not answer, give ten, twenty, or even thirty grains of sal ammoniac thrice a day.

When all else fails, I have known half a tea-spoonful of oxide of iron, taken three times a day in a wine-glassful of water, or better in a little honey or treacle, do wonders. A bit of lint or rag covered with strong ammonia liniment, laid upon the place where the pain is worst, often gives relief. Keep the bowels freely opened.

47. **Toothache, How to Treat.**—To alleviate the wretched pain—for nothing probaby short of "cold steel," that is, extraction, can work a perfect cure—take at once a tolerably strong dose of opening medicine; as soon as this operates, in all probability the pain will be gone for a week or two. Meanwhile, apply a small mustard poultice outside, just over the place where the pain is most violent, and rub the gum and the tooth with chloroform and laudanum mixed. If the tooth be a hollow one and very painful, then put in the cavity a little cotton-wool dipped in chloroform and laudanum. It will ease the dreadful pain. A little bit of cotton dipped in a solution of shellac, or of gum mastic and spirits of wine,

makes a good temporary stopping for very bad teeth. Avoid the ordinary vaunted "nostrums," that is, the quack medicines said instantly to remove toothache. Kreasote is the safest domestic remedy to employ, if the pain be very bad; only get a friend to employ it, by putting a little bit of cotton-wool dipped in it into the hollow of the tooth for you, and do not try to put it in yourself, or you will scarify your tongue and gums.[1]

48. **Vomiting, Obstinate.**—*When the stomach will retain nothing. General directions, when a Doctor cannot be got.*—Keep the patient perfectly quiet, in a bed if possible, and on his back. Give no food for some time, and then only tea-spoonful doses of it at a time, with long intervals; leave him to himself for an hour or two; then give five drops of chlorodyne in a little water, and, after an interval, a little chicken-broth or cold beef-tea. Milk, pure and simple, or milk with lime-water, in very small quantities at a time, is often useful. If you cannot keep these down, lay a piece of lint soaked in a tea-spoonful of brandy and a tea-spoonful of laudanum mixed, on the pit of the stomach, cover it with a bit of oiled silk or gutta-

[1] The following remedy for toothache was given me by a dentist of very great reputation :—"First wash the mouth well with warm water; then use the following tincture: Tannin, 10 grains; gum mastic, ½ a drachm; 10 drops of carbolic acid; dissolve in half an oz. of sulphuric ether." Paint the decayed hollow of the aching tooth over with this, twice, or even thrice, using a camel's-hair brush. I have never found it to fail; and I have used it myself some hundreds of times, both at sea and on shore. The remedy will last good a month or more. Then apply it again if the pain returns: it does not hurt the other teeth. Take care and keep the tincture in a vial with a glass stopper, not a cork, as the gum mastic makes the cork stick fast in the neck of the vial, and break.

percha twice the size of the lint, and renew it every four or five hours. A mustard plaster will answer the same purpose, and is, probably, more easily procured. Either application will help to quiet the stomach. A table-spoonful of lime-water in a tea-cupful of milk or of cold beef-tea (I have found that the stomach will always keep down the *white* of an egg, well beaten up with half a tea-spoonful of brandy, and given a very little at a time, when it would retain nothing else), or of arrowroot, will often abate the vomiting and enable the stomach to retain a small quantity of food.

Thirty drops of wood naphtha and as much of the tincture of cardamoms, in a table-spoonful or two of water is sometimes used for this distressing complaint, and with success. It is very useful in preventing the vomiting of consumptive patients. Other experienced doctors say, Use one drop of ipecacuanha wine every half hour.

49. **Whooping-Cough.**—Not much can be done by unprofessional persons in the way of cutting short an attack of this complaint; but the following general directions may be useful. Keep the patient indoors, and feed, or rather nourish well; attend to his general health by keeping the room warm and well ventilated, but with no cold draughts. Keep the bowels regular, and give a drop, or two drops, of tincture of belladonna in a little water every now and then. Some much recommend a little alum dissolved in water, or a little alum to suck, or cochineal; but the belladonna is preferable. As whooping-cough may cause fits and other dangerous consequences, if possible, always call in a doctor.

APPENDIX TO PART I.

RULES OF SIMPLE HYGIENE.

1. **Care of the Eyes and the Use of Gas.**—If you are so unfortunate, or in some senses, so fortunate, as to burn gas in your house, then never read small type, or, better, never read *at all by it at night.* In the opinion of a very famous oculist, it is the most *unfit light for the human eye ever invented.* Instead of using ground-glass globes (they are far more injurious to the eye than globes of plain glass), procure from Warrington, where they are made, globes of plain glass, "neutral tinted," as it is called; that is, *stained pale blue.* The yellow glare of the gas, passing through the blue-coloured globe, is neutralised thereby, and converted into a faint greenish hue, as comforting and refreshing to the eye, as the horrid glare of the yellow light is hurtful. Better far than to use any gas, or oil light, for hard reading, is to burn "Decimal candles," made from the refuse of palm oil, and called "Decimals," as they run ten to the pound. Place them, one or two, *behind* you, if you prefer it; anyway, on your *left*-hand side, when you read, and let the light fall on your book. In writing or reading, either by daylight or by artificial light, the light should be sufficiently strong, and fall on the table or book from the *left-hand* side, and, as far as possible, *from above.* By attending to this, when writing, the shadow of the hand will not then fall upon that part of the paper at which you are looking. The book, or writing, should

be from ten to twelve inches from the eyes, and raised about 20° for writing, and about 40° for reading. Hang up on a wall, before you, a large sheet of green baize, or green silk, and lay your book down, from time to time, and take a quiet stare or look at the green silk or green baize: it will refresh the eyes greatly if you have to read hard at night. If you do not find this enough, buy at any chemist's the little glass cup called an "eye-douche," and give your eyes alternately a refreshing cold bath every hour or so. Do not fail at any time, if you wish to keep your eyesight good and strong, as I have kept mine to an advanced age, to put your face, the first thing in the morning and the last at night, into a basin of cold water, and open and shut your eyes five or six times *under* the water; then take your head out, with your eyes shut, and dab them dry with a towel or a sponge. Sponging, too, the nape of the neck, and even the whole head, is very strengthening for the eyes.

2. **Hints on Dining-out, etc.**—In case you should have dined out, and have committed the very common mistake of taking more than two, or even three, kinds of wine—in fact, of having mixed your liquors; or in case of having eaten during dinner anything that may have caused the wine drunk to disagree with you, do *not* wait till the following morning, and then resort to soda-water, and so on, but at once, before going to bed, act as follows:—Put a tea-spoonful of carbonate of soda into a little less than a wine-glassful of water, with three or four drops of essence of ginger, and you may, if you like, add to it a small sprinkling of cayenne pepper; stir it up well, till the carbonate of soda be dissolved, and drink it off. It will remove all the acidity of the stomach, and you will wake in the morning without a parched throat, a fevered tongue, and a heartburn.

3. **Hints on Smoking.**—If you are a smoker, do not habitually *smoke a clay pipe, or any pipe at all—*

whether of briar-wood, clay, or any other material, of which you cannot detach the stem from the bowl, and clean it frequently. Towards keeping your stem and mouthpiece cleaner than they would otherwise be, it is no bad plan to put a small piece of muslin, either single or double, between the bowl and the stem, changing it frequently, when dirty. This will hinder any ashes or dirt from coming up into the mouth, and will, anyway, do something towards preventing the accumulation of "nicotine" in the stem and mouthpiece of the pipe. Leave the stem and mouthpiece in a basin of water each night, and then in the morning clean them out with one of the little wire brushes sold for a penny at nearly all tobacconists. *N.B.*—Nicotine, the alkaloid of tobacco, is very poisonous, and those who *will* smoke old filthy clay pipes impregnated with it, will find the practice, sooner or later, end in very unpleasant consequences.

As a rule, one may say, it is best not to smoke very strong tobacco last thing at night, but to adopt some mild substitute, such as "bird's eye," or, better still, "superfine shortcut," or Turkish, so-called; and, if you find smoking a pipe or cigar affects your nerves, either adopt cigarettes, or give it up altogether.

4. **Teeth, Hints on the Care of, etc., and on Toothache.**—The tooth-brush, which should be used night and morning, should be small, and have its *not too* stiff bristles arranged in separate bundles (in order that they may pass readily between the teeth and into the natural depressions). The outer and inner surface of both front and back teeth should be brushed. The direction of the brushing should be from the gums; that is, downwards for the upper teeth, and upwards for the lower. This mode of cleaning the teeth is the best preventive against decay, which causes toothache, and also against the accumulation of tartar, which makes the breath foul, and in course of time causes the teeth to

loosen and fall out. If you use any tooth powder, you cannot go far wrong in employing camphorated chalk, to be bought at any chemist's. I prefer powdered chalk mixed with Castille soap; sold by Bell, in Oxford Street. A tea-spoonful of bicarbonate of soda and a table-spoonful of Eau-de-Cologne, to a quart of water, makes an excellent preservative rinse for the mouth and teeth at night, and after the taking of acid medicine.

Toothache: Its Prevention and Treatment.—Decay of a tooth is by far the commonest cause of toothache, and is also the cause of many cases of neuralgia. Decay always begins from the outside, and is at first to be recognised by a darkening of one part of a tooth, and sometimes by a slight twinge of pain when anything sweet is eaten. At its commencement it can be completely arrested by the introduction of a proper metal stopping into the little hole formed by it. If allowed to sap into the tooth until the pulp (commonly called the nerve) is exposed, sharp, but passing, twinges of pain will probably reveal the fact. The treatment at this stage consists in placing a tiny pledget of cotton wool or fold of blotting-paper, moistened with kreosote, or carbolic acid, over the exposed pulp at the bottom of the cavity, which should (while kept *quite* dry) be filled up with cotton-wool, saturated in a spirit solution of gum mastic (see p. 54 of the first part of this work); or, if it has to last for more than a week, with gutta-percha, or some permanent, stopping. When the tooth pulp is subjected to irritation, through exposure, it sooner or later undergoes (generally) inflammation, accompanied by excruciating throbbing pain. This pain may be relieved (almost always) by such an application as that given in footnote (p. 55), and will, as a rule, cease in the course of a day or two, through the death of the pulp. When the pulp is dead, which may be known by the sudden and complete cessation of pain, it must be thoroughly cleared

out, and its chamber in the interior of the tooth, either completely filled, or else have a vent made into it, before a stopping for the preservation of the crown is inserted. If there is a dull aching pain in a tooth which is also loosened and tender on being pressed into its socket, it shows that inflammation has extended to the outside of the root, and will usually demand *extraction:* if a tooth in this condition is left alone, an abscess is apt to form about the root, and this, in forming, may cause considerable pain and swelling of the face. The matter formed in such an abscess will either escape through the gums, forming a "gum-boil," which is of small consequence, or, taking a more burrowing course, it may permanently disfigure the face by causing a discharging opening through the skin, or may bring about mischief by involving surrounding parts. Extraction of the faulty tooth is always demanded, when symptoms point to the last-named conditions.

How to Remove a "Foreign Body"—*that is, a bit of Stick, Straw, Dust, Coal Ash, a "Clinker," and so forth*—**from the Eye.**—In case no doctor can be had, and you are not in the neighbourhood of any of those "blessed places," the ophthalmic hospitals, first and foremost do *not*, however great the inclination to do so, begin by rubbing either with your finger or a pocket-handkerchief. By so doing you will probably embed whatever has got into your eye more firmly in it; especially if it be a bit of steel-filing, or a chip of iron, or a "clinker" out of a steamboat's funnel. As a rule, foreign bodies are driven into the soft external layers of the cornea and conjunctiva in the efforts people make to rub them out of the eyes. If, when dust or any other "foreign body" gets into the eye, the patient would close the lid at once, keep it gently closed for a few minutes: then take hold, or get some friend to take hold, of the eyelashes of the upper

lid, and draw them forwards, so as to drag the lid from the surface of the eye, the flow of fluid from under the lid would, as a rule, wash the foreign body away. If this does not answer, take a good strong pinch of snuff, if you can get it; sneeze violently; that may assist it in coming away, or, *faute de mieux*, blow your nose strongly. No bad plan, in case neither of the above does any good, is to fill a basin half full with lukewarm water, put your face into it, and open and shut your eyes three or four times, and shake the head with eyes open in the water, so as to cause a current over the surface of the eye under the water, and that may probably wash out whatever has got into your eye. Of course, should it be a piece of steel or iron that has flown into your eye and got fixed in the cornea, this plan will be of no avail.

Get, in that case, the neatest-handed, most light-fingered friend you can find, the cleverest of your messmates if you are a sailor, or fireman, or stoker, to act as follows:—Sit down in a chair, lean your head back; let your friend stand behind you; after putting a towel or cloth round your head, press it back so as to steady it against his chest; then press a stick, such as a fine penholder, against the skin of the upper lid, and with the other hand take hold of some of the eyelashes, and turn the lid back over the stick, so as to evert the lid and expose its inner surface; search for, find, and cleverly, with the clean feather of a pen or with a small camel's-hair brush, pick away and remove whatever it be that has caused you so much misery. If he can detect nothing under the upper eyelid, then, with his finger, let him draw down the lower lid so as to expose the inner surface, and find and remove your plague.

Oculists use a little delicate steel instrument called a "spud;" but this requires the deftest of fingers and the keenest of eyes on their part (both of which they are

fortunately blessed with) to employ it properly and without doing mischief—*non cuivis homini contingit*, etc. etc. Don't *you* attempt to use anything of metal; but, if the feather of a pen or a camel's-hair brush be not strong enough to pick off the offending substance, whatever it may be, from the eye, then shape neatly a thin slip of wood into a very narrow but blunt end, and employ that. *N.B.*—In case you are a mason and some lime has got into your eye, on no account bathe it with water pure and simple, or you may lose your sight entirely, but employ a weak solution of vinegar and water and use *that;* or, better still, get a friend to drop a few drops of it, into the corner of the injured eye with a quill. The best method of using this is to throw a stream of the solution upon the eye by a ball or piston syringe, so as to wash out the foreign substance; in default of a syringe, let the liquid flow well over the surface of the eye.

Perhaps the safest thing to use, after a foreign body has been removed from the eye, in the way of quelling pain and preventing inflammation, is, with a clean quill, to drop a drop of olive oil, or, better, castor oil, into the corner of the eye. In case of inflammation of the deeper parts of the eye, you won't go wrong in employing the following prescription, making the lotion stronger according to the severity of the attack :—Extract of Belladonna, say, gr. xxx. to an ounce of water, with perhaps two, or even four grains of alum; or—only you can't get it at sea, and must go to a really good shop for it—sulphate of atropine $\frac{1}{8}$ gr., distilled water 1 fluid oz.

Drop one or two drops of this into the eye, either once, twice, or three times a day, as may seem advisable, according as there is much or little inflammation.

How to make a First-rate Cup of Tea.—First and foremost get your tea, whatever price you choose to pay for it, at the house of a man *who has a*

character to lose, and who will give you as good an article as he knows how, for your money. That tea is sometimes largely adulterated, even before it leaves China, everybody knows—coloured with Prussian blue and suchlike pigments, made rough and racy with impalpable steel filings, mixed with second-hand dried tea-leaves, that have done duty already. Your best chance of getting a good article is to go to a first-rate house, whose head is a man with a conscience.

Next, before putting your tea into the pot, lay it before a bright clear fire on a metal plate—silver, or pewter, or iron (if you have neither of the former, not on brass or copper)—and let it get thoroughly hot, so hot, that it would crumble to dust between your finger and thumb. Then scald your teapot very hot, so that none of the caloric may be lost when you afterwards pour your boiling water upon the tea. *N.B.*—Always use an earthenware teapot—porcelain or china if you can afford it, but, any way, earthenware, and *not* a metal one. No amount of washing or rinsing out will keep the inside of a metal one clean, not even the use of soda and hot water: it will always remain more or less furred with the deposit left by the hundreds or thousands of cups of tea already made in it, and that will, of course, in a greater or less degree, spoil and vitiate the taste of the fresh tea. All professional tea-tasters, I believe, use little earthenware cups or mugs, when employed in tea-tasting. Well, then, after scalding your teapot thoroughly hot, put in your tea, in about the proportion of one tea-spoonful of tea to a *little more* than a wine-glassful of water. Then *take your teapot to the fire*, and pour in the requisite quantity of water from the kettle as it boils on the fire, sloping your kettle's spout cleverly over and into your teapot. Do *not* take the kettle off the fire and carry it yards away to the teapot; otherwise the kettle "goes off the boil," and your tea is made only

with hot and not with boiling water; and *boiling water* is one of the very first requisites for making good tea. The instant you have sufficient boiling water on the tea, stir it up with a tea-spoon, put the lid on the teapot, let it stand—some great authorities say, two minutes only, anyway not more than four minutes—pour it all out, drink it, and throw away the leaves, or keep them, if you like, to help to keep the dust down when your sitting-room carpets are brushed. On no account follow the ridiculous habit of putting in what is called "second water."

So you will have a cup of tea such as you have never dreamt of; but do *not* expect any servant to take this amount of trouble. You must do it yourself, if you wish to have first-rate tea, or get the wife (*placens uxor*) or child, to do it for you. Of course you will appreciate the flavour of the tea infinitely better without adding sugar or milk. They are seldom or never used in either of the two great tea-drinking countries, China and Russia. You can experience, if you like, a new, and, to my mind, a very pleasant sensation, by putting a thin slice or two of freshly-cut lemon into the teapot itself, before pouring the boiling water into it, or into your tea-cup, before filling it with tea. Then use sugar or not, according to your taste, but certainly *not* milk.

N.B.—By allowing the boiling water to remain upon your tea more than four minutes, at most, you will only spoil the aroma of it, by thereby drawing out the flavour of the woody parts or fibre of the leaf, and so ruining the delicate aroma of the leaf itself. In especial, *never boil* your tea, as they dementedly do in Australia, where, during the six or seven months I was there, I never once tasted a decently good cup of tea. Use rain water, if you can get it, to make tea with; or if you must use hard London water, then add a little carbonate of soda to it, or, some say, add one drop of Condy's fluid to a

pint of water. It makes the water much softer, and assists in drawing out the flavour of the tea.

How to make a First-rate Cup of Coffee.—Whatever price you are able or inclined to give for your coffee, buy it anyway *in the berry*, and *not* ready ground: so you will avoid all chance of its adulteration with chicory, burnt beans, ground bone-dust, and, *horresco referens*, of sawdust of coffin-wood. Of course, if you have no roasting machine, such as one sees all over France (little mills turned by the hand over a charcoal brazier), then do your best to buy it *freshly roasted.* The more recently it has been roasted the better the flavour will be. If you buy anything like a large quantity at a time, then do *not* keep it in tin or in lead, least of all in paper, but put it into large glass bottles—empty bottles that have held French plums or prunes, with wide mouths. Put your coffee into these; stop them with a cork bung, with a bit of washleather round the bung to make it fit very tight; fill the bottles as full as they will hold with coffee, and *cork them tight:* so you will keep the coffee from the air, and prevent it from losing its flavour. Take just as much out as you want to use each time, and grind it in a coffee mill—*not too* fine—just before using it.

N.B.—Keeping your coffee from the air goes a great way towards having it really fit to drink. Next, after grinding it, either scorch it *quite hot* before a clear bright fire, or, better still, put the required quantity into the coffee pot (not metal, but earthenware), jug, or *coffee-cup* (if you are going to make no more than one cupful), and make the coffee and the pot together *thoroughly hot* before pouring the boiling water upon it; then *take* the jug, pot, or cup *to the fire*, pour the boiling water upon it from the kettle *as it boils on the fire*, stir it up with a spoon, let it stand on the hob to settle for a few minutes, fine it with the white of an egg if you

like, or with a lump or two of white sugar, pour it into a cup or cups, and drink it and rejoice. If you take milk with it, then *let the milk too be hot.* Cold milk does *not* go well with hot coffee.

The Turks and Arabs—and few nations make better coffee, *judice me*, than *they*—just boil the water, then throw in their coffee, *coarsely ground*, stir it up for three or four seconds *in the boiling water*, pour it into a pot, and let it stand and simmer, *not boil*, for a minute or two by the fireside, and serve it up grains and all—simply de-li-ci-ous!

Of course, as with tea, use soft water, or distilled water, if you can get it, not the vile hard London water, to make your coffee with.

Hints on making and keeping up a Sitting-room, or Bed-room Fire.—If you wish to make and keep up a fire in your sitting-room, or bed-room, with the least waste of coal, the greatest amount of heat given out, and the smallest quantity of smoke and dust, then *act in the manner the most diametrically opposite* to that invariably taken by the (probably) most unteachable of all European human beings (the English mechanic, or workman, "on strike," always excepted), viz. the English domestic housemaid.

Place a sufficiency of lumps of coal, *not* too large, and laid on separately at the bottom of the fire-grate; *on* these next lay your chips, or sticks, for the most part cross-wise, so as to admit a current of air between them, and not shovelled in indiscriminately; *on them* place your paper, which press down gently, after lighting it with the poker or shovel. Your fire will then burn bright and clear, downwards and not upwards, and the coals, as they ignite, will give off their smoke in such a manner as to make it pass through the red-hot embers of the wood, and be thereby ignited and consumed, instead of going up the chimney, wasted in the shape of

soot, to the detriment of the air in the neighbourhood of your house, and the befoulment of your chimney. As soon as the whole mass is well alight, lay lumps of coal in *the front* of the grate, *not* shovelled on the back of the fire, as is the common, most mistaken fashion. Then, as the coals become heated, and give off their smoke, the smoke will catch fire in passing over the hot embers at the back, and you will have a bright clear blaze with plenty of warmth thrown out into your room, and with the least amount of wasted carbon. As long as you maintain the fire, continue to stoke it in the same manner, *laying the coals in front*, and not behind, and introducing from time to time a shovelful of small coals between the second and third bars of the grate. My acknowledgments for the greater part of the above, are due to an article I read many years ago in *The Builder* whose advice, to the benefit of my health and my comfort, and the cleanliness of my chimney, I have invariably followed whenever I had the chance.

APPENDIX TO PART II.

HINTS AND REMEDIES FOR THE TREATMENT OF COMMON ACCIDENTS AND DISEASES.

Ague.—With all the care in the world you may not be able in certain localities (such as some parts of Norfolk, the Campagna of Italy, or, if you are a sailor, when lying off the mouth of some malarious river) entirely to escape this wearing and weakening complaint; but you may do a *good deal* in the way of guarding against it. For instance, if you are at Rome in the malaria season, sleep in the highest room in the house you can get to, not down below on the first or second floor. The "miasmata"—*i.e.* foul air exhalations, that produce ague—are always worse at night than during the day. Don't be out late in the evening, and don't go out early in the morning without a good breakfast, or, at any rate, not without a cup of coffee, or a glass of wine and a bit of bread. Live well, or something *more*, while you are in the ague district, and take, say two or three grains of quinine daily in a little diluted sulphuric acid, and, if you must be out of doors, and exposed to the malaria, wear a respirator over both nose and mouth. If you can't get one or make one for yourself, then fasten a bit of gauze, or, *faute de mieux*, wear a handkerchief, tied over the nose and mouth. If, in spite of all care, ague will and *does* come on, then, *during the cold fit*, keep the patient in bed; do all you can to restore warmth to the body, both by rubbing the hands and feet and by giving warm drinks, such as hot tea or coffee, warm barley water, or white wine whey. *During the hot fit*,

after the patient feels relieved by the perspiration, then gradually check it by sponging the body with lukewarm water, wiping the sweat off with warm flannels, and giving cold—iced, if you can get them—drinks, to relieve the thirst. Take good care that he does not expose himself to a draught of cold air.

Then, for medicine, begin with a pretty strong opening dose at bed-time, such as two or three grains of calomel combined with eight or ten of rhubarb, made up into two pills; or, if you can get it made up, the following pill will do:—

℞ Pulv. Ipecac. . . . . gr. ss.
Pil. Hydrarg. . . . . gr. iss.
Pil. Rhei co. . . . . gr. iii.
Misce. ft. pil.

Only *don't* give Epsom salts. A distinguished physician of one of our large hospitals writes me word: "I should prefer 2 grains of calomel and 8 or 10 grains of compound colocynth pill (made up into two pills) as a preliminary to the quinine; and a hint as to providing yourself, if possible, with *real* and *pure* quinine would be useful; for sorry trash is often put into a ship's medicine chest, which prevents any good accruing. There is a *soluble* quinine to be had now, which readily dissolves in water without acid. I always travel with this." Then next day, *either* between the intermission of the fits, give, every four or six hours, two or even three grains of the sulphate of quinine in a wine-glass of water, with a little diluted sulphuric acid—say, four drops to dissolve it (as it won't dissolve in water alone)—*or else* give ten grains of the sulphate of quinine in solution during the hot fit, followed by two-grain doses three times during the day. If you are at sea, where you can't get diluted sulphuric acid, or infusion of roses, which does even better, then dissolve the quinine in elixir of vitriol—twice as many drops as there are grains of quinine—and dilute with water; add, if it is to be had, a drachm of the tincture of

orange peel and a drachm of the syrup of orange peel. But these last two—the tincture and the syrup of orange peel—are refinements; the quinine it is that will work the cure.

Amputation of Finger End.—In case you should be so unfortunate, or (in case you can do any *good*) so fortunate as to be at sea, on board a merchant steamer carrying no surgeon, when some unlucky sailor or fireman, driving the steam winch, gets the end or more of his finger or his thumb crushed in the cogs of one of the wheels; then, supposing you have tolerable nerve, and that no one knows better what to do than yourself, act as follows:—

First and foremost, don't try amputation if there is a *possibility* of saving the end of the finger or thumb by all that you know in the way of dressing and care. Either place the crushed finger or hand in a poultice, and watch—probably nature will throw off the destroyed parts, and save the rest; or else restrain the bleeding first by pressure of your finger on the vein or the small artery that seems to bleed most, and by the application of a stream of cold water poured from a jug, or better, from the spout of a small kettle, held some six or eight inches *above* the damaged finger; and dress the place with wet lint, double or treble; or, better, with a bit of lint steeped in friar's balsam, if there be any on board; and, above it, apply two or three folds of lint wet with cold water. Then put a bandage over the lint, not too tight; put the hand and arm in a sling; bid the patient keep *perfectly* quiet, and, if you like, give him a mild sleeping draught, such as 20 drops of Battley's sedative, or 25 of laudanum, in a wine-glass of water, and put him to bed. Don't disturb the dressing on the finger for two or three days; but, if the place be very painful, keep it constantly wet.

Should the end of the finger or thumb be utterly crushed, with what is called "a comminuted fracture"—that is, the bone broken into several pieces—or should the end of it be projecting beyond the flesh, sharp and

ragged, so that it is plain that nothing can save the rest of the finger except amputating it, then only take off as little as possible. "Conservatism" is a grand thing in surgery, whatever it be in politics.

In all cases it is much easier for you to amputate *at the joint* (either *at the first*, reckoning *from* the finger end, or at the second, if necessary) than *in the length* of one of the three parts of the finger, especially as you will have no bone-cutting forceps on board.

Manage thus: Get hold firmly, with a bit of lint between your left finger and thumb, of the end length, or the second length (as may be required), of the crushed finger, and bend it to a right angle, or nearly so, with the next bone of the finger. Then put the lower end, or heel, of your penknife (and mind and have it made *very* sharp) at the side of the joint, just half-way in the thick part of the next length, or division, of the finger; draw the knife *horizontally* across the joint, which will then fly open, if you cut neatly and cleverly through the side ligaments; then pass the knife through the joint, and cut a flap, as it is called—*i.e.* a good thickness of flesh and skin—to fold and wrap over the end of the bare stump, from the *inside* surface of *that* length of the finger you are amputating; and take great care that the flap be long enough to cover the stump easily, so that there be no tension. Unless you have a proper pair of little forceps to get hold of it with, don't attempt to tie any small artery that may bleed, but check the bleeding with cold water—ice if you can get it. Bring the flap over the stump, stitch it with two or three stitches, and dress it over with wet lint. Put the patient on a low diet for a day or two; no beer and no spirits; keep his bowels moderately open: lend him an amusing book to read, and hope for the best. If matter forms, put on a poultice.

Antidote for Flea-bite, Bug-bite, etc.—I have never found the following recipe fail, and I have travelled in many very flea-bitten, bug-bitten, and mosquito-bitten

countries. In Jerusalem in particular, during the height of summer, I have seen my bed pretty well alive with fleas, and have swept them out with my hands before going to bed. In the excavations or vaults in Mount Moriah, known by the name of "Solomon's Stables," I have seen my clothes pretty well covered with them; and in Athens I have witnessed, at the early dawn, the bugs leaving my bed and crawling up the bedposts by the score, "*ne dicam*" by the hundred, and in neither place was I bitten once. I adopted the following antidote, formed on what I heard of as being done in Hungary, a land much vexed in the summer-time by fleas and so on. I oiled myself *all over* from head to foot with the best sweet or olive oil, and those parts of my back that I could not effectually get at myself, I got oiled for me by the help of a friend or of a servant. Rub the oil well in with the palm of your hand over the whole body—head, face, and all—in a warm room, before a fire if possible, in case it be winter-time, and you may—such is my experience—and without this precaution I am a martyr to fleas—defy either flea, bug, or mosquito. It is quite a mistake to suppose that oiling oneself with sweet oil is a nasty dirty operation. The oil sinks into the skin at once, and does not stain either cotton or linen. The only effect is, that you feel very lithe and supple (the Greeks and Romans knew what they were after, when they oiled themselves before gymnastic exercises), and it enables you to defy the murderous—or at the least sanguinary—attacks of your creeping, crawling, and skipping enemies.

Antidote to Blisters on the Feet from Walking.—Of course, for long walks, particularly when on a walking-tour, wear *well-fitting* shoes, or half-boots (*not* new ones), with broad fronts, so as not to pinch the toes together, or lay the foundation of ingrowing toe-nails, on which trouble, see below, the article on "Ingrowing Nails." Also, never wear *cotton* socks or stockings for long walks,

or indeed *at all*, if you are wise, but either lamb's-wool or thick worsted. Next, before you start in the morning, turn them inside out, and rub the whole of the foot of the sock or stocking with a piece of the commonest, coarsest, yellow soap you can get, first gently moistened enough to make a thick, damp lather over the sock, but not so wet as to make the foot feel wet and uncomfortable. This will keep your feet perfectly cool, and you will not —provided that your shoes also "fit," as they should, "like wax"—turn a single blister during the longest day's walk. Such is my experience, often and often tested. I did the distance between Ballachulish and Inveraray, on one occasion, within the twenty-four hours, *on foot*, and did not turn a single blister; nor have I ever done so in my many walking-tours in Switzerland or elsewhere, when I adopted this precaution.

1. **Bed-sores.**—The senior surgeon of one of the largest hospitals in London told me that he preferred using a plaster, moderately thick, of finely-powdered chalk (*creta præparata*) and spirit (whisky as good as any), spread over the sore, to any other method of treating this painful and troublesome affection. It should be washed off clean once a day, and fresh plaster put on. It answers admirably in preventing a threatening sore place.

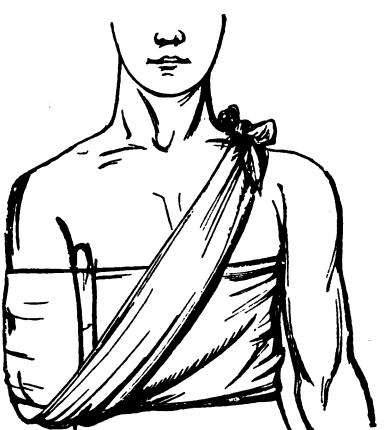
2. **Bleeding from Cuts and Wounds.**—A good plan of stopping bleeding, when it does not come from a large artery or vein, is to lay a cobweb over the wound. The blood congeals in its meshes, and thus an air-tight covering is formed, under which the wound heals nicely.

Broken Collar-bone, or Fractured Clavicle.—Adopt the treatment by the four-tailed bandage, because it is so easily applied and does so well for children.

Take a piece of calico fourteen inches wide, and sufficiently long to go twice round the body of the patient. Cut a hole in the centre, about four inches from the margin, for the point of the elbow.

Split up the ends of the bandage in the same line as the hole—that is to say, four inches from the border to within about six inches of the hole. You will thus have a "four-tailed" bandage, with tails of unequal breadth, one four inches broad, the other ten.

TO APPLY.—Set the fracture by drawing the shoulder upwards, outwards, and backwards; place a triangular pad in the armpit, with its base upwards, and bring the arm down to the side and flex—that is, bend—the fore-arm on the side. By making the patient *lie flat on his back*, on a board or a table, the broken collar-bone falls at once into good apposition. Now apply the bandage in such a manner that the point of the elbow shall stick into the hole, and the broad tail of the bandage be brought across the chest and fastened on the opposite side of the body, thus binding the arm to the side. The narrow tail, which will be below the elbow, is now to be crossed over the broad tail, and tied over the top of the opposite shoulder, thus—



Another, but not such a good, way:—Take three handkerchiefs; pass one under each axilla, or armpit, and tie it over the top of the shoulder. Tie these two handkerchiefs together by means of a third across the back.

3. **Bronchitis.**—In case you can get no proper doctor, apply linseed-meal poultices to the throat and chest, keeping one on, constantly warm, and changing it when it begins to lose its heat. Maintain also a *warm damp atmosphere* in the room; and if you have no proper steaming-apparatus, then let "Polly put the kettle on" the fire, let it boil, and send its steam out into the room for the patient to inhale. You may, too, from time to time, bring the boiling kettle near the patient, and let him inhale some of the steam from its spout; only *don't* bring it *too* near him. In case of giving medicine, you cannot go very wrong in the following prescription, if no medical man can be had to give a better one:—Ipecac. wine, 10 or 15 drops in 3 tea-spoonfuls of Spirit of Mindererus, that is, in the solution of Acetate of ammonia. If Ipecac. wine is not to be had, then use, instead of it, half a tea-spoonful of Oxymel of squills. Take care, above everything, that your patient does not get a chill, or sit in a thorough draught, or the consequences may be *very* serious.

Catarrh, or Cold.—It is, of course, pretty nearly useless to say, "*Don't* catch cold!" and perhaps almost as useless to add anything more to what I have said in the First Part of this pamphlet on the subject. Probably not more than one or two persons in a hundred, in this inclement climate, pass through a winter and spring without catching a cold, more or less severe; and certainly there is no complaint of which every one, generally speaking, does not think herself or himself entirely capable of being their own doctor. Still something, and a good deal too—and I speak from personal experience (*experi-*

mentum in corpore vili)—may be done towards warding off an attack of this most common and troublesome little complaint—very often, too, the commencement of, and the introduction to, something much more serious, such as bronchitis, pleurisy, and even phthisis; and something may be done also towards expediting the departure or mitigating the severity of a bad cold, if not towards absolutely curing it. No protection against catching cold equals, I should say (humbly endorsing, *in propriâ personâ*, the dictum of Sir Thomas Watson, M.D., in his *Principles and Practice of Physic*), that afforded by the cold shower-bath every morning, and cold sponging the whole body every night. Begin the shower-bath, if you are weakly and timid, in the summer time, and with tepid water at first. You will soon get to bear it, and enjoy it too, *quite* cold. If you can get one, throw a large thick rough *cotton—not* linen—sheet, or large soft towel, over you, the instant you come out of your bath, and keep the caloric in; then rub dry with a Turkish towel, and keep the sheet over your back till quite ready to put your flannels on. Of course, in any case, if you wish to avoid cold, rheumatism, lumbago, and so on, in our damp climate, wear flannel next the skin—a first-rate flannel shirt, with *no* under-waistcoat *also*, and flannel drawers (keep two pairs in wear, wearing each pair on alternate days); I have always found it to be the most comforting and protecting wear—far preferable to that of a flannel under-waistcoat, or woollen jersey, with a cotton or, worse still, a *linen* shirt over it. The effect of this latter, however nice and neat it may look, is to prevent the perspiration from passing off, and to keep the flannel next the skin continually damp and unwholesome.

The comfort, and protection also, afforded by the use of a flannel *night*-shirt is, I am sure, also very great. If you come, as I do, from, or have to live in, a marshy

and low swampy district, then add to the use of a flannel night-shirt the sleeping between the blankets, and wholly abjuring the use of sheets, above all of *linen* ones. The chances are that you will much profit by the practice. It is hardly necessary to mention such very simple and obvious precautions, in case you are very *liable* to take cold, as, to avoid all thorough cold draughts of air, particularly when in a perspiration; not to hang about when a cutting east wind is blowing at the entrance or exit of a London underground railway station, or at any *open* house door at all; not to sit or stand about, after you have got wet through, or have had your feet thoroughly damped, or wet, but immediately to change everything; to wear a chest protector if you have a weak chest, and to abjure cotton socks or stockings, and to adopt worsted or lamb's-wool ones; and to keep off all beer, wine, and especially spirits, when you have a cold. One may add, too, that if you are subject to catching cold, it is well worth the while to learn to breathe habitually by the *nose* instead of by the mouth, as people too often do, particularly if you have to go out in bitter weather, or when the east wind is blowing; and *do not*, immediately when you come in from the cold outer air, go and hang over a fire directly you enter the house.

A very distinguished physician of one of our London hospitals writes me word: "I believe that many colds are caught by inspiring the dry, heated air of rooms in which gas is burnt immoderately, the products of its combustion being very irritating; and then, after sitting for hours in these hot, close rooms, where no sort of attention is paid to ventilation, people go to bed in chilly, cold bedrooms, after undressing and cooling down."

TREATMENT OF CATARRH, OR COLD.—In case you *do* catch a bad cold, you may probably cut it short, or, anyway, much hasten its departure, by one of the two following methods of treatment, either *the Opiate cure*,

or *the Dry cure.* The first of these I have used, once upon myself, for as bad an influenza as I ever knew any one to have, and very often on other people, with perfect success; and the second is spoken of with much praise by Sir Thomas Watson, M.D.

The Opiate Remedy.—Though this has been mentioned in the First Part of this pamphlet, it will bear repetition here. Take, directly the cold has made its presence felt, or anyway the same night, a moderate dose of any opiate you have conveniently at hand, such as from 20 to 25 drops of laudanum, or, better, of Battley's sedative, or ¼ of a grain of morphia.

Make the dose stronger or weaker, according as you are in the habit of taking much wine or beer at your meals; put the dose of laudanum, or of Battley's sedative, into a tumbler of water, and take an hour or an hour and a half over drinking it; sipping it as if it were wine and as if you liked it. Go to bed early, wrap up pretty warm in bed, don't get up or go out during the night, and you will probably wake in the morning quite well, and rid of your troublesome annoyance. *N.B.*—This, the opiate treatment for a cold, would not be at all safe for you if you have anything like disease in the kidneys.

The Dry Cure has, anyway, the merit of extreme simplicity, and requires only a little self-denial on your part if you elect to adopt it. It consists in just abstaining from *all* liquids for two or three days, allowing yourself at most a table-spoonful of milk at breakfast and a wine-glass of water at dinner, though you will probably get rid of your cold even quicker *without* these. If you don't like and won't adopt either of the above methods of treatment—and I believe that either of them is nearly infallible—then take some simple diaphoretic medicine—say, from ten to fifteen grains of Dover's powder in a little preserve when you go to bed; and during the day-time take a table-spoonful of Spirit of Mindererus—that

is, the solution of acetate of ammonia (liquor ammon. acet.)—in a wine-glass of water three times a day, or else the following mixture:—

℞	Liq. Ammon. Acet.	℥iv.
	Syrupi Simplicis.	℥j.
	Aquæ florum Aurantii	℥j.
	Aquæ ad	℥viij.

An eighth part to be taken three times a day.

Either of these will pretty certainly help you to get rid of your cold, and, if you are simple enough to believe it, will cure you.

4. **Concussion of the Brain.**—This is the result of a very heavy fall, or of a violent blow on the head. Smell the patient's breath, and make *quite sure* that it is not drunkenness which is the cause of his state of insensibility. If his breath smells strong of spirit, and if he can be roused for a minute or two by shouting to him, you may conclude he is drunk; but if his skin is cold and damp, and he is in a state of "coma," and cannot be even partially roused from insensibility by shouting and bawling to him, and if the pupils of the eye be also contracted, you may safely conclude that he has concussion, or compression (which is far worse still) of the brain. If you cannot get a doctor, put the patient to bed at once, shave his head, and keep him perfectly quiet, and let no one come near him. You can do no harm by putting hot bottles to his feet and under the calves of his legs, and if his system be not too depressed, you can put cold evaporating lotions or ice to his head. Anything more must be left to a proper surgeon.

5. **Diarrhœa.**—In case you can get it made up, the following is an excellent recipe, given in the Westm. Hospital Pharmacopœia, p. 12, No. 19, for this complaint:—Fifteen drops of diluted sulphuric acid, ten drops of laudanum, twenty drops of essence of ginger, and one ounce of cinnamon water. This is the quantity

for one dose. Two, or at most three doses, taken at the interval of two hours, will probably stop the complaint.

6. **Delirium Tremens.**—This is the result of a long course of drinking, aggravated and brought to a head by some recent debauch. You can tell what the patient is suffering from, by his breath stinking of spirits, his tongue being covered with a cream-like film, his wits being gone, his talking nonsense, and his belief that he sees strange creatures, beetles, mice, and so on; his not being able to sleep, and his skin being covered with perspiration, and his hands twitching and trembling. At sea sometimes I have seen a sailor endeavouring to throw himself overboard, under the terror of imagining that he saw strange and horrible sights. Use *as little violence as possible*, employ only gentle compulsion, and try and soothe and quiet the patient by kind words, keeping him as quiet as possible, and, if you can manage it, in a darkened room. Keep up his strength by nourishing food in a liquid form—yolks of eggs, beef tea, soups—and flavour them with a pretty strong sprinkling of cayenne pepper, capsicum heads, that is, about half a tea-spoonful, to a quarter of a pint of soup or beef-tea: go on with this diet for some days till he is better. Should he be very flushed and bloated in appearance, and have a very filthy tongue, and his breath be very foul, then begin with a pretty strong purge—say, nearly a wine-glassful of tincture of rhubarb, or a table-spoonful of castor oil. Do *not* give any laudanum or opium,[1]

[1] Since the above was put into type, and after it had reached the third revise, I received the following from an authority of the highest eminence, Senior Medical Officer of one of the very largest hospitals in London. He writes as follows:—"After bowels have acted, give 40 drops of laudanum, and repeat the dose in an hour, if patient be not quiet. It is of the last importance to stop delirium at the onset, by a large dose of opium."

but apply cold douches to the head, and, above all, do not try to bleed him.

7. **Erysipelas.**—Give a good strong saline purgative dose, such as sixty grains of sulphate of magnesia along with ten grains of carbonate of magnesia and an ounce of peppermint water (and if you cannot get that, plain water) to begin with. In case you are where there is *no* medicine chest, then take half a tumblerful of sea water before breakfast instead.

Follow this up with fifteen to twenty drops of what is called the tincture of steel—that is, "Tr. Ferri Perchlor." bottle, in the medicine chest, so labelled, or else "Liquor Ferri Perchlor," which is a good deal stronger—combined with three grains of quinine, three times a day, and powder the part affected over with fine flour, or else cover it with cotton wool sprinkled with flour, or else with the oxide of zinc powder, if it be within reach.

Painting the inflamed part over with collodion is the practice in some of our hospitals, and limiting the spread of the inflammation by pencilling it round with a stick of nitrate of silver, that is, caustic.

Anything in the way of making incisions, which, alas! are sometimes necessary, must be left to a professional surgeon. *N.B.*—Do not apply any cold lotion, or any wet fomentation whatever to the part affected.

Of course, should you be at sea, altogether out of the reach of any professional man, and the extreme tension of the skin of the inflamed part shows *the absolute need of making an incision*, then take care that your penknife be very sharp and very clean, and mind that you cut sufficiently deep, and plug the wound with a bit of lint or clean rag.

Gout.—Add to what has been said on this complaint in the First Part of this pamphlet, that, in case you are out of the reach of a qualified doctor, you cannot do

better than follow the advice of Sir T. Watson, M.D., given in his charming lectures on the *Principles and Practice of Physic*, vol. ii. lect. lxxxii. p. 769, as follows:—"*Colchicum*, judiciously employed, may be fairly accounted a specific for the gouty paroxysms. . . . The mode of administering the remedy in a regular fit of the gout is simple enough. Give forty or sixty minims (*i.e.* drops) of the *vinum colchici* in a saline draught at bedtime, and half a drachm more in a warm black dose the next morning, and repeat this sequence if the gout continue. Some give twenty minims every six hours, with a drachm of Epsom salts and a drachm of syrup of poppies in the draught, till the symptoms yield; but I prefer the other plan. In this way the pain is usually calmed and the swelling reduced in a few days, or even, as by a charm, in a few hours. . . . To eradicate the lurking residue of the mischief, continue to give small doses of the colchicum, five minims of the *vinum colchici*, two or three times a day for a while. Moreover, mild purgatives must be employed if that remedy does not prove aperient. Adopt at the same time and *pursue* abstinent, or at any rate, *strictly temperate habits* in respect to meat and wine." In case you are out of the reach of a chemist's shop, and have only the ship's medicine chest at hand, then, for the saline draught referred to above, in which to take the *vinum colchici*, use the following recipe:—Sixty grains of sulphate of magnesia, twenty grains of carbonate of magnesia, with an ounce—that is, nearly a wine-glassful—of peppermint water; and if you can't get *that*, then, of plain water—distilled, if you can get it. In case you *can* get at a chemist's shop, but can *not* get at a regular doctor, or *can't* afford to pay for one, then to spare yourself the trouble, copy out, and get it made up, and take, either of the two following recipes. Both are taken from different Hospital Pharmacopœias:—

℞ Vini Colchici	. . . . .	fl. ℥iij.
Magnes. Carb.	. . . . .	gr. cl.
Magnes. Sulph.	. . . . .	℥ss.
Infus. Caryophyl.	. . . . .	fl. ℥xiss.

Dose—fl. ℥j to fl. ℥ij.

Or else this :—

℞ Pot. Bicarb.	. . . . .	gr. xv.
Tinct. Colch. Sem.	. . . .	āā ♏ xx.
Tinct. Hyoscyam.	. . . .	
Aq. Menth. Vir.	. . . .	℥j.

N.B.—This last recipe is for *one* dose only.

8. **Housemaids' Knees.**—If you are a seafaring man, or a chambermaid, do not on any account scrub or wash decks or floors, in especial not *stone* floors, on your bare knees, so to say. Get a mat or an old cushion, or an old bolster, or something *soft* to kneel upon, and save your knees. Disregard of this precaution may very likely tend to produce that painful complaint, called "housemaids' knees," and, in a person of a scrofulous tendency, to that *dangerous* affection called "white swelling" of the knee, for which there is no cure but the hospital surgeon's knife. For housemaids' knees, the first treatment is, paint over with tincture of iodine once in the twenty-four hours, and if the swelling and inflammation increase, then lay up the leg, and apply linseed-meal poultices three times a day. Mind and keep the bowels open, and do not even dream of going on your knees again, till quite well, and then only sparingly.

Indigestion, or Dyspepsia.—In case you are troubled with this wearisome complaint (which, if you do not attend to it, will go far towards making your life a burden), and cannot get at, or cannot afford to pay for, a good doctor's advice, you cannot go far wrong in attending to the following hints :—Rise early and, according to your age, health, and strength, get a walk in the

purest air in your reach, more or less long, before breakfast. Eat your meals as slowly as you can, and take small mouthfuls; chew your food well before swallowing it. Unless you are old, feeble, and infirm, follow Abernethey's capital rule, of "allowing three (at least) to five hours between each meal, with nothing to eat between them, and one hour more for the stomach to take holiday in;" and sit still and chat to your family or friends, or read a newspaper for ten minutes or more, after every meal, leaning back in a comfortable arm-chair; and do not begin immediately after meals to bend over a table and write letters, still less to run about. Most of all, never take your meals standing, and ruin your digestion, as ships' stewards and ships' cooks are in the habit of doing by that insane practice.

Of course, live simply; avoid all salted and cured meats, such as ham, tongue, sausages, salt beef, and so forth; and, in especial, eschew new bread, pastry of all sorts, pie-crust, and all sweets and "nastiness." Meat, one of the very first physicians of the day—Sir Thomas Watson—considers to be more easy of digestion than vegetables; and mutton, for the generality of people, more so than beef; pork less digestible than either, and veal least so of all; and brown bread he w sely considers to be far preferable to white.

Avoid late suppers, and most particularly eschew the habit, so much now indulged in, of taking a "night-cap"—that is, a glass of spirits and water—before going to bed, to the ruin of your kidneys, your heart, and your liver. While suffering from indigestion, you had a deal better give up beer, and other malt liquors, and substitute a little light claret, or a very small quantity of very weak whisky and water, *with* your meals, but never at any other time. If you are a smoker, I recommend you great moderation in the habit, as long as you are dyspeptic. The after-breakfast pipe will probably do

you the *least* amount of harm. Certainly do *not* smoke *much*, if at all, directly after dinner. If you must take something at night, let it be a few stewed prunes, or a fig or two, or half a fresh ripe apple cut small and chewed well; and if you can't get a ripe apple, then a Normandy pippin stewed in hot water.

If attention to diet alone won't give you relief from your torment, then try a glass of cold water first thing in the morning, half an hour or an hour *before* breakfast, or a tea-spoonful of lenitive electuary (sold by all chemists), or a few grains of rhubarb or aloes, or a little cayenne pepper made up into a pill with bread crumb, just before dinner. Of course, besides allowing a good long interval between each meal, be careful *not to gorge yourself* at any meal, but rather finish your dinner a little hungry, than end it with a sense of having over-eaten yourself. One need hardly add, take a fair amount of wholesome exercise every day, either walking, riding, or rowing; only do not over-tire yourself. I have always found half an hour's mild, not over-violent, gymnastics at a gymnasium very beneficial, with from four to eight, or ten, miles walking or rowing every day; and I do not "*know* what indigestion means."

Finally, if you must and will take medicine, and can't or won't go to a good doctor, then you may try the following recipe, from one of the Hospital Pharmacopœias. Anyway, it can't hurt you, and may do you good:—

℞ Bismuthi Subnit.	. . .	gr. x.
Pulv. Tragacanth. co.	. .	gr. xv.
Infus. Gent. co.	. . .	℥j.

This is enough for one dose. You may take it twice a day, or, if you find you need it, and it does you good, thrice.

9. **Inflammation of the Bowels.**—You can guess that this or something like it is the matter with the sick person, by there being intense pain in the pit

of the stomach, its being swelled, with the skin drawn tight over it, and its being excessively tender to the touch. The sick person, too, will lie continually on his back, with his knees drawn up to relieve the pain; his pulse, too, will be very feeble, and very quick; and his tongue will be foul and creamy.

Apply hot linseed-meal, or bran, poultices over the whole stomach, and vary them with bits of flannel wrung out in hot water and sprinkled with turpentine, and with plenty of laudanum on them. Put a fresh one on as soon as the other gets cold. You will not go far wrong by giving him a hot hip bath every three or four hours, and then replacing the poultices. Give 1 grain of opium or ¼ of a grain of morphia, every three or four hours, but do not awake him to give him his medicine if he be asleep. Feed him on the simplest of simple diet—milk, if you can get it.

In case he is very sick and can keep nothing down, endeavour to inject slowly some good strong soup, or beef tea, up the anus, a little at a time. Give no purgative medicine, but let him have plenty of barley-water or cold lemonade to drink. When he gets better, and his stomach can bear the pressure, roll his body up pretty firmly in nice clean flannel, and of course keep him very quiet. Sit constantly by him and talk cheerfully to him, or repeat poetry by heart to him, but don't let *him* talk, or answer you, or do anything in the way of exerting himself—a piece of advice which, by the way, is applicable to pretty nearly *all* cases of illness.

10. **Ingrowing Nail.**—First and foremost, give up wearing the absurd tight boot or shoe that has been the sole cause of this painful—it may be dangerous—affection. In the next place, do not attempt to give it relief by cutting away the nail, where it eats into the flesh of the toe by the side, but proceed *to thin the middle* of the nail, its whole length, by scraping it with a penknife, or,

better still, with a bit of broken glass, doing it gingerly and tenderly, till you have made the middle of the nail quite thin. You can also, if you can do it neatly, cut the fore part of the nail into a crescent shape bending inwards, leaving the corners of the nail quite alone. Of course, if, when you are better, you return to the ridiculous sharp-pointed boots and shoes, instead of adopting sensible ones with broad roomy fronts, you may expect a repetition of this painful complaint.

The Itch or "Scabies."—This very unfashionable and highly contagious affection (that is, *contagious*, as caught *a contactu*, from the touch of a diseased person, or from touching something that has been *in contact* with his skin) is not confined as most people suppose, to "the Great Unwashed," but may be contracted by the most decent and cleanly man or woman possible; *and* it *won't get well of itself.* It generally begins at the bottom of the fingers or thumbs, and makes itself known by little vesicles with a rosy-coloured base, and by the intolerable itching it causes, which will extend, if neglected, to the whole of the body except the head, and which always gets worse when the patient is warm in bed.

Rub sulphur ointment, which is a *certain* cure for it, all over the body at bedtime, especially on the parts most affected; sleep in a flannel night-shirt and flannel drawers, or, if you have not them, then in a blanket, which destroy after your cure is effected. You had best *not* rest content with one rubbing only, but repeat it for two or three days, each night and morning. Then get a hot bath and scour well over with soap thoroughly, and the cure will be complete. Burn, or sink in a pond, weighted with a large stone, all the clothes you have worn next your skin while you had the malady. Don't on any account give the clothes away to any other person, or you will make him a present of the complaint too.

11. **Jaundice.**—SYMPTOMS.—Yellowness of the skin and of the white of the eyes. Motions, colour of pipe-clay. Urine, dark brown or green in tint. Loss of appetite, flatulence, sometimes sickness. CAUSES.—Intemperance in liquors, over-eating, constipation, exposure to cold, obstruction in gall-duct from a gall-stone. TREATMENT.—Low diet, milk, arrowroot; no stimulants, slops; linseed and mustard poultices over the pit of the stomach. Give a dose of blue pill and colocynth at night, and half a Seidlitz powder in a tumbler of water three or four times a day, for a week or more. If there has been severe pain in the belly for a day or two before the jaundice comes on, and also severe vomiting, the disorder is probably due to the passage of a gall-stone out of the gall-bladder. In this case, use hot bath, and give doses of laudanum (10 to 20 drops every three hours for an adult) till the pain is relieved. Employ hot fomentations to the belly, and give iced milk (*if* you can get it) and soda-water to drink. During convalescence, beware of exposure to cold and any intemperance in diet.

12. **Stings of Wasps, Bees, etc.**—Observe that spirits of hartshorn, diluted with twice its bulk of water, destroys the virus of the sting of wasps, bees, etc. etc., and at once removes the pain.

St. Vitus' Dance, or Chorea.—If you are where you can get no doctor's advice, or where you can get no admission for yourself—or your child, if she it be that is affected—into a hospital, then begin by clearing out the bowels with a pretty active dose of opening medicine, and go on with it, if it continues to bring away much foul matter. Take, or give, a shower-bath every morning, beginning it with tepid—that is, with lukewarm—water, if you, or your child, as the case may be, cannot stand it cold at first; but the strengthening and invigorating effect of the *cold* shower-bath is what you or it needs.

Get all the moderate fresh-air, out-of-door exercise you can bear without fatigue, and take a fair, not a tiring amount of light, wholesome gymnastics. The safest medicine probably to take, if you can *not* get a doctor's advice, is carbonate of iron, mixed with twice its weight of treacle, beginning with half-drachm doses, and increasing the quantity soon to a drachm and a half, to be given twice or thrice a day. If the treacle is nauseous to the patient, then, if you can get it made up, you can use the following recipe, taken from one of the Hospital Pharmacopœias :—

℞ Ferri Sulphatis . . . . gr. iij.
Acidi Sulphurici diluti . . ♏ v.
Infusi Quassiæ . . . . fl. ℥j.

Keep the patient—or yourself, if you be the person affected—from all strong mental emotions. A distinguished hospital physician obligingly writes me word: "Under *Chorea* I should add, that the patient should be fed with spoon food, and precluded from the use of a knife and fork. The disease is practically not one of adults."

13. **Sunstroke or Heatstroke.**—(*N.B.*—It *may* come on at night). In the first place, take all sensible precautions against this, by wearing a good, thick, felt hat, with a wide brim, or a pith helmet, such as our soldiers *now* wear in India, with a good broad flap of linen hanging down behind, so as to guard the nape of the neck. Cover the hat, too, with white calico, and do not, if you can help it, expose the nape of the neck to the rays of a mid-day tropical sun.

In case you are at sea, or elsewhere where you cannot get medical aid, act as follows (*N.B.*—You will know that a man has sunstroke by his having a violent headache, being giddy, losing his senses, and by the snoring sound of his breathing) :—Strip him of his outer clothes, lay him down with his head and shoulders a little raised

and give him a cold douche, and plenty of it, by pouring jug after jug of water, from the height of three or four feet, on the top of his head, and down his spine; or, better, apply an ice-bag, if you can get it, to the head. Sponge also his hands, feet, and chest with cold water. Keep him in a darkened room, and where, if possible, there is a nice cool draught, and let him be *perfectly quiet* and undisturbed. If he seems likely to sink altogether, put a blister or a mustard poultice on the nape of the neck, and administer strong beef-tea, or, if you can't get it, strong brandy and water, up the anus, slowly, by an enema.

14. **Varicose Veins.**—That is, veins unnaturally swollen, in which the blood is stagnant, and shows black externally.

In case you find yourself troubled with this—it may be, if neglected—dangerous infliction, *stand still as little as possible*, and, whenever you can, lay the affected leg or legs on a chair before you, or else, better still, lie on a sofa. In case you are an officer at sea, stand still on your watch as little as you can, and keep walking about to promote the circulation of the blood; and, if you are a shopman or shopgirl, keep rising on your instep while waiting behind the counter, so as to give your veins all the chance you can of doing their duty. Immediately you perceive the complaint coming on, wear a bandage, neatly bound on, from the ankle up to the knee; or, better still, a well-fitting elastic stocking (silk ones are the best), and do *not*, if you are foolish enough to prefer stockings to socks, garter them *tight* below the knee. Use also all the cold-water washing possible, night and morning, and rub the veins affected well and often with a Turkish or other rough towel, and scour the affected parts of the legs frequently with a flesh-brush, if you can afford one. *N.B.*—This complaint will never get any better, and *may* get much worse, if neglected, and if you persist in taking

no precautions against it. Should a vein burst, you may have a month or six weeks' forced inaction and lying-up. Such things are very hard to heal. If a vein does burst, lie down flat, at once, and lay a pad of linen on the place and a compress on the vein *below*, not above, the wound, and bandage pretty tightly round all the limb near the place, and lay the leg up, and keep *very quiet*, or you will have a very bad time of it.

How to give Chloroform in case no Doctor can be had.—In case you are at sea, with no surgeon on board, and you would fain still the agony to the patient, in having to amputate, at the first or second joint, some dreadfully crushed finger or thumb, then bear in mind that the administration of chloroform is preferable to, and safer than, that of ether, unless this last be given by a medical man.

First: Do *not* give chloroform *unnecessarily;* for, even when given with every precaution, bear in mind that a certain, though very small, risk of death is incurred. Let the patient take *no* food—in any case no solid food—for four hours before the operation. This will lessen the chance of his vomiting. First take off his boots or shoes, loosen his necktie, shirt-collar, and wristbands, and take care that there is nothing tight about his body. You want all the room and space you can get for his lungs and his heart to act freely. Then lay him on his back on a table, with his head on a *low* pillow, and let a man stand on each side of him to hold his arms; for, if he be a strong, robust man, he will *probably* struggle; if he be an intemperate man, he will *certainly* do so. A London hospital surgeon, now one of the examiners of the R.C.S., kindly writes me word as follows:—"Though the low pillow is more comfortable to the patient, yet, for my part, I always like to have my patient's head perfectly flat, without *any* pillow under it. I always think there is less chance of syncope."

Put about four table-spoonfuls of chloroform into a phial and keep it in your waistcoat pocket. Next fold a piece of lint, a foot long and four inches wide, *thrice*, and turn your phial upside down in the centre of this, with the lint *covering* the *mouth* of *the phial*, till you get a wet spot in the middle of it about the bigness of a penny-piece, and keep this spot constantly moist by applying the phial of chloroform to it occasionally. Hold the lint so that the wet spot be three inches from the patient's mouth and nostrils. Do *not* bid him to inhale it, or he may be frightened and begin to cough and choke; but bid him *to blow out strongly*, while you bring the moist part of the bit of lint gradually nearer and nearer his lips and his nostrils. He cannot help then necessarily taking a deep inspiration each time after the puff he has given, so that all the air he breathes will pass *over* and *through* the moistened parts. The patient will probably struggle, kick, and talk nonsense. Restrain him without using much force, and as he moves his head, do you move the bit of lint in unison with it, and keep it *close to*, but not touching, his face. When you can pluck a hair out of his temples without his feeling it or flinching, then he is under the anæsthetic influence, and the operation can begin. Give him then more air by removing the lint a little farther from him; but do not take it away, unless he begins to snore. This sign always indicates that he has had as much as is at all safe for him, and you must remove the lint till the snoring ceases.

During the operation, while the patient is under the influence of the chloroform, pay the greatest attention to his pulse and his lips. Don't take your eyes off his lips for a moment. Should these become purple, give him more air; and should the breathing cease, take away the lint and throw open the doors and windows, and resort to artificial means of producing respiration, as given above, in the First Part of this pamphlet, in a case of

drowning. (See there, article *Drowning*.) Should the patient become very pale, turn his head on one side, as this sign indicates that he is going to be sick, and put a towel or cloth under his face, that he may be sick upon *it*, and then go on with the inhalation. The pulse generally increases, at first, in force and frequency of beats; and you must take particular notice if it fails or becomes intermittent, as that is a symptom of danger, and you must instantly stop the chloroform and give all the air you can. In any case of danger or difficulty, open the patient's mouth wide and pull the tongue quite forward.

Lastly, and *most important*, if any indication of fainting comes on, keep the patient's head low, and do not on any account raise it. A few drops of brandy gently poured between the gums and the teeth will trickle slowly down the throat and will improve the pulse, while any attempt to make the patient drink in the usual manner, will invariably bring on coughing. Remove the pillow at the same time.

When the operation is over, and you wish to bring the patient to, open the doors and windows, and allow the cool air to play upon his face and his chest. It is sometimes, but rarely, needful to slap the face with a wet towel.

The patient will be drowsy for some hours afterwards, and the best thing to do, for all reasons, is to let him sleep.

N.B.—Sucking a bit of rough ice, if you can get it, always allays the thirst and nausea, in case these should follow.

ON THE CHOICE, SITUATION, DRAINAGE, ETC., OF A HOUSE.

By the Medical Officer of Health of one of the largest towns in England.

1. **Test of Drinking Water.**—The danger of drinking water contaminated with organic matter is known to all. Such water may be clear, cool, sparkling, and pleasant to the taste, and yet most injurious to health. The shallow wells attached to private houses, or used in villages and seaside places, are not unfrequently polluted by surface impurities and sewage soakage, and thus families, who go on their holiday for bathing and fresh country air, return too frequently with typhoid fever and diarrhœa. The cause is that the drinking water used in their lodgings has contained organic matter in solution. Before using any drinking water in your family, apply the following test:—Place in a clear, colourless, glass-stoppered bottle half a pint of the water and a few grains of the best white lump sugar, and then expose the bottle to the daylight in the window of a warm room. If the water becomes turbid within a week or ten days, it indicates organic pollution or sewage contamination, but if it remains clear, it is almost certainly safe for drinking.

Another Method of Testing Drinking Water.—Put a pint of water into a clean white glass bottle, and place it on a sheet of white paper, or a white cloth. Add to it three drops of Condy's fluid and one

drachm of dilute sulphuric acid. If the water remains still pink-coloured after the lapse of one hour, it is unquestionably good water, and fit to drink. If the Condy's fluid in the water loses its colour, and the water returns to its natural hue in less time than an hour, then add another three drops of the fluid. If some of the pink colour be now retained, an hour after the second addition of three drops, the water may be considered as moderately good. If the fluid loses its colour, in less time than an hour, and the water becomes white again, then the water is bad, or at least, suspicious, and not to be used for drinking purposes. If you prefer testing a larger quantity, then, in the same manner, add twenty-five drops of Condy's fluid and an ounce of dilute sulphuric acid to a gallon of water, and continue the test as above, using similar proportions. It is as well to mention that there is a book on "Food," published by Church, which gives a number of popular tests for water.

2. **A Method of Testing Taps and Drains.**—1. Pour a solution of the coarse carbolic acid, of sufficient strength to give off a decided odour, into the taps and sinks at the lower part of the house. Take care, at the same time, that the current of air through the house does not carry the smell upstairs. After some short time, in case the current of sewer gas is regurgitant, and the tap or sink, therefore, *not* in proper order, the smell of carbolic acid will be perceived all over the house.

2. Adopt the same plan and the same test with any drain for surface water, in front of or behind the house.

3. Pour a sufficient quantity of Condy's fluid round the mouth of the tap-holes, in the kitchen and scullery sinks, keeping the plug at the same time still inserted in its place. If the fluid *changes* colour, then you may conclude that the sink is not clean. Have it thoroughly

cleansed out until the Condy's fluid *no longer* changes colour; then withdraw the plug, and if the Condy's fluid *now* changes colour, you may conclude that the sewer gas is regurgitant (that is, that it comes up, and rises, when it has no business to do so), and that the drain is all wrong, and ought to be looked to, and put in proper order.

3. **How to remove Stiffness and Aching of the Limbs after a very long Ride, Walk, Row, or Day on the Ice.**—Sponge all over with water, as hot as you can bear it, just before going to bed; and if you have had any bad bruises, use plenty of hot fomentations with tincture of arnica, in the proportion of one part of arnica to twelve of water. Then put bright clear hot cinders into a warming-pan, and upon them, just before proceeding to warm the bed, throw a large handful of the commonest, coarsest brown sugar you can get. Warm the bed thoroughly with the pan, so that it is filled with the hot steam and vapour from the sugar; slip in neatly and cleverly, so as to allow as little as possible of the steam to escape. Get some one to tuck you in tight, all round, go to sleep warm and cosy in your sugar-vapour bath, and the chances are that you will awake next morning light and limber, without an ache or twinge.

4. **Renting a House.**—Before becoming the tenant of a house, see that there is no dampness, nor green mould indicating dampness, on the inner walls or basements; no mildew or fusty smell perceptible in the rooms or passages. See that all rooms and bedrooms are airy, and well lighted by windows opening from the top, and that there are no dark passages where air can become stagnant and offensive. Lease no house where external ventilation is not free, nor where chimneys of adjoining houses can blow directly into its rooms. Look carefully to the position of the water-closets and the

character of the drainage. Some houses have water-closets with no means of external ventilation: don't occupy such a residence, however well assured you may be that the trapping of the apparatus and of the soil-pipe is perfect, for no trapping will remove the risk of danger. The water-closet should be either outside the main walls, or should be so fixed against an external wall, that the soil may be discharged into a drain outside the main wall. The overflow pipe of the basin should either terminate in the water of the trap, or be so situated as to be trapped every time the apparatus is used. The soil-pipe should be carried from below the strap of the basin, upwards to above the eaves of the house, and there opened for ventilation, at a distance from any window. The closet itself should have a window above the seat, so that direct external ventilation may be constant. There should be, if possible, double doors between the water-closet and the house proper, with a window opening externally between such doors. All house drains should be trapped, and every trap protected by a ventilator, which should be placed so as to avoid the windows of the house. All overflow pipes and water-pipes from cisterns, baths, and waste-water sinks, should be disconnected from the sewer, or the drain leading to the sewer, by a break or water trap open to the external air. It will sometimes happen in houses of crowded cities, that the bath and waste water pipes are made by the architect to connect directly with the drain; if so, such pipes should be carried upwards to the eaves of the house, and there ventilated in the same manner as the soil-pipe. These precautions cost very little, and a house, the drains of which are thus ventilated, is efficiently protected even when the sewers are out of order.

5. **Situation of House.**—If you are about to build, and can choose a site for your house, avoid a

damp locality, or one so surrounded with trees that the sun's rays can find no entrance except at mid-day. Avoid a clay foundation, but if you must use it, protect your walls and basements by a good layer of concrete. A gravelly site is not bad, but if the gravel rests on clay, such an impervious subsoil is a barrier to natural drainage; and as a consequence thereof, the sewage and other impurities find their way into the wells in the vicinity. Place your house on a gentle slope open to all the "airts the wind can blaw," and so situated as to command for your day rooms the cheerful influence of the morning and evening sun. A belt of trees sheltering a house from the north wind is sometimes, in this climate, not undesirable.

OPINIONS OF THE PRESS.

"This contains very clear practical advice, and people might do worse than spend a shilling in procuring it."—*Lancet.*

"'Omnia Sanitas,' as a claptrap cry for a political party at its wits' end for some original device, is one thing. Real and efficacious sanitary work is quite another thing. While hundreds of excellent people, armed with the best intentions, are squandering innumerable tracts (with stimulating titles) upon all sorts of barren or thorny soils, we may do a public service by calling attention to a simple broadsheet (for it is neither a book nor a pamphlet), which cannot possibly offend the most sensitive conscience, and which all who run may read with perfect safety to their theological dogmas or doctrines, or to their 'secular' convictions. This valuable and instructive document has been drawn up by an eminent clergyman of the Church of England, for whose scholarship and learning Oxford can vouch, and whose name is widely known as that of one of the most generous and devoted schoolmasters of this or any age or country—the Rev. Dr. Dawson Turner, Headmaster of the Royal Institution School, Liverpool. This Formulary is entitled *Rules of Simple Hygiene, and Hints and Remedies for the Treatment of Common Accidents and Diseases.* In fact, it is a Guide to Health; and had it not been 'revised, corrected, and enlarged by seven eminent medical men, five of whom are connected with different public hospitals and infirmaries in London and Liverpool,' we might be tempted to designate it as 'Every man, woman, and child his or her own doctor.'

"It is most creditable to the medical profession that a manual, which must seriously diminish the number of patients, should have received the earnest and emphatic sanction of some of its most illustrious and active members, and notably of Sir William Jenner and Sir James Paget. But disinterestedness has

always been accounted one of the dominant characteristics of that illustrious profession in all its branches. Nor is there any incongruity in this emulation of the doctor and the divine. The proverb assures us that cleanliness is very near to godliness. And it is impossible to peruse these 'Rules' without being persuaded that they are as much concerned with moral as with physical soundness and purity, and are preservative of health and preventive of disease to the souls as well as to the bodies of those who observe them faithfully. The reputation of the broadsheet is not limited to Great Britain. In Germany, where sanitary education, as all the world knows, is so thoroughly appreciated and systematically enforced, these Rules have been translated and widely disseminated. The information they contain is regularly taught to all the pupils at the Institution over which Dr. Dawson Turner presides. We have no hesitation in saying that if it were taught to every boy and girl in Great Britain it would save much suffering and disease, materially shorten the figures in the death lists of the Registrar-General, and add incalculably to the strength of the Empire by producing and preserving a sounder and more vigorous race of human beings of English blood. We should be glad to see this broadsheet conspicuously placed on the walls of every national school, of whatever denomination, throughout the kingdom, and in every factory and workshop in the great centres of population and industry, and indeed in every home and household.

"No doubt hypercriticism might object that some of these Rules are not within the reach of the multitude, and that it would be difficult, if not impossible, even for those who would obey them, to obey them entirely or exactly. But this is obviously an objection which would apply to all sorts of rules; and it is one that certainly applies less to these than to any others, by reason of their perfect clearness and simplicity. If rich and poor cannot eat, drink, and avoid precisely all that is here recommended, at least they can here learn the reason why such and such conditions of atmosphere, diet, and exercise should be sought for, and such and such determining causes of ill-health be shunned. It may not be inconsistent with our respect for the medical profession to remark the perfect freedom from prejudice as to modes of treatment which Dr. Dawson Turner so advantageously exhibits. These Rules are, perhaps, in no respect more valuable than as a safeguard against pestilent quacks; yet their author has not scrupled in one or two cases

to recommend what is called a 'patent' medicine, and even in one instance a homœopathic remedy."—*Daily News*, July 6, 1872.

"A clever and at the same time useful little pamphlet, entitled *Rules of Simple Hygiene*, by Dawson Turner, D.C.L., and published by Macmillan and Co., is now in circulation. It is one which seems well adapted for perusal by all who have any regard for their health. It gives in a clear and at the same time concise manner, Hints and Remedies for the Treatment of Common Accidents and Diseases. Well may the author be congratulated on the success which it has met with. The fact that it is now in its seventh edition, and that it has been translated into five different languages, will sufficiently show how this little work has been appreciated."—*The Students' Journal and Hospital Gazette*, March 30, 1878.

"It is a curious trait in human nature that almost every one thinks that he is justified in experimenting on that most delicate of all pieces of mechanism, the human frame. The man who would not hesitate for a moment to take his watch to the watchmaker if anything goes wrong with it, and would not dream of meddling with it himself, still feels perfectly competent to experiment on his own internal organs if they should chance to go wrong, and prefers to try the thousand-and-one nostrums of himself and his friends rather than seek relief at the hands of a medical man. Accordingly, we find many books published pandering to this strange taste, and, as a rule, we eschew such works as likely to do more harm than good. But there are circumstances, of course, in which a medical man cannot be obtained; more especially among the class of men for whom the pamphlet, *Rules of Simple Hygiene, and Hints and Remedies for the Treatment of Common Accidents and Diseases*, by Dawson W. Turner, D.C.L. (Macmillan), is to a certain extent intended, namely, sailors; as well as many others, who cannot, or will not, go to a doctor. When we reflect upon the number of ships which leave the British ports every year without a surgeon, and the men they carry, we cannot but commend the publication of such simple hints and remedies for the treatment of common diseases as are contained in this pamphlet. The author has done his work well. In the simplest and plainest manner he has set forth the treatment of the more common forms of disease one is likely to meet with both on board ship and on land, and the fact that the work has

been 'revised and corrected by nine eminent medical men belonging to different hospitals in London' is sufficient guarantee that the treatment recommended is trustworthy. Dr. Turner has added many good and simple rules of hygiene, and if only on this account the pamphlet should be read."—*Whitehall Review*, November 8, 1879.

"In proceeding to notice this little work, the second part or appendix to which we see to have been compiled since the author entered as an hospital student, we see no reason to dissent from the brief but very favourable opinion passed upon it by the *Lancet* some years ago on its first publication. It may be as well, however, to speak at a somewhat greater length of the object for which Dr. Turner's *brochures* were written, and to call attention to what, we think, may be fairly regarded as a drawback to the utility, or at least to the applicability, of some of the advice given in the first part of the larger of the two pamphlets. For instance, if the author himself, or any one who studies his precepts, can keep strictly to the recommendation of Rule xxii., viz. 'To sponge the whole body all over at night as well as in the morning,' and that, too, with cold water, we should be inclined to apostrophise him in the words of the Athenian envoys, addressed, Thucydides tells us, to the Senate of Mitylene—*μακαρίσαντες ὑμῶν το ἀπειρόκακον, οὐ ζηλοῦμεν τὸ ἄφρον*, which, for the benefit of those of our readers to whom Greek is *Greek*, we may translate ('mutatis mutandis'), that, 'though we congratulate the author on his exceptional immunity from the weaknesses of human nature, we do not envy him the risk of catching a bad cold, by his practice of cold-water sponging just before going to bed.' A similar exception may be taken to Rule xv. which enjoins on the reader the 'drinking only *one* kind of wine, in case of dining out,' and 'the taking no wine at all *after* dinner.' The advice may be, and probably is, good and sound; but it is not at every dinner party, or indeed anywhere, except at a small and select *réunion* of intimate friends—in fact, at a bachelor's party—that one can have a bottle or half a bottle of one's own favourite Bordeaux or Burgundy, one's 'particular vanity,' set before you at table. Nor is it in human nature (at least not in ours) to say 'No' to the 'Champagne, Sir?' 'Sparkling Moselle or Still Hock?' even though one has had the customary glass of sherry after the fish, or when he intends to have just one of unexceptionable 'Port,' after the cloth is removed.

Dulce est desipere in loco—it is not given to everybody to be a monk of the order of La Trappe, any more than it is possible, or even advisable, for everybody to 'take the pledge.' To the 'Hints on Hygiene,' contained in the first part of the second pamphlet, the 'Appendix to Rules of Hygiene,' we can, happily, give unqualified praise. The 'Hints upon Smoking,' and 'On the Care of the Teeth,' are both excellent; and we should imagine in this last the author must have had great assistance given him by one of the leading surgeons at the dental hospital; or, anyway, by some one of the surgeon-dentists of one of the large hospitals, by whom, indeed, we are inclined to think, that the article was written entire. The same, we feel sure, may be said of the excellent article 'On jaundice' in the second part, which was never written by a mere medical student, such as we see the author at present to be; and of the treatment of 'Fractures,' in page 10 of the first part, 'in case no regular surgeon can be procured.' Whose help, of the ten eminent medical men,' referred to in the title-page, the author obtained in drawing up these directions, his friend was one who knew his work well. As deserving special praise, we would call attention to the treatment recommended for 'Scalds and Burns,' and for the 'Cure of Stammering.' We take leave of these two little pamphlets by offering our congratulations to their author on the very efficient assistance he has had the good fortune to obtain from his medical and surgical friends at different hospitals, and with a wish for his success and distinction in the new profession he appears, for whatever reason it may be, to have adopted."—*The Courier*, November 29, 1879.

"Dr. D. W. Turner, late Headmaster of the Royal Institution School, Liverpool, has sent us a copy of his *Rules of Simple Hygiene*, together with a copy of the appendices which have been issued since the pamphlet, which is now in its eighth edition, was first published. Besides the 'Rules' on the personal care of health, we have a number of 'hints and remedies for the treatment of common accidents and diseases.' The rules and hints have been revised by seven eminent medical men belonging to different hospitals in London, and must unquestionably be of great value in places and under conditions in which the services of the 'doctor' cannot be promptly obtained. The pamphlet and appendix are published by Macmillan, and they may, we believe, be had in the form of a broadsheet for

hanging up in workshops, model lodging-houses, and elsewhere. We give some extracts which will be interesting if not useful to our readers, and at the same time serve to give an idea of the contents of the pamphlet."—*Public Health*, July 27, 1877.

Dr. Turner feels peculiar pleasure in being expressly allowed by their authors to quote the two following opinions of his little work :—

"Read and approved."—Sir THOMAS WATSON, M.D., Bart.

"The best thing of the kind ever done for the non-professional world."—LUTHER HOLDEN, President of the College of Surgeons, and Senior Surgeon of St. Bartholomew's Hospital.